Vol. XV, No. 12 DECEMBER, 1923

THE
Journal of Home Economics

PLANS FOR THE BUREAU OF HOME ECONOMICS

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The new chief of the Bureau of Home Economics is very glad of this opportunity to tell the readers of the JOURNAL something of the plans of your new Bureau, for we want you to feel that it is yours, and to know what work it is hoping to develop. First, we wish to thank you for the cordial support you have offered to the new Bureau, its chief, and all the members of its staff. We appreciate more than we can say the note of greetings from the JOURNAL, the resolution adopted by the American Home Economics Association and sent to the Secretary of Agriculture, and the many letters that have come from individual members of the Association. We feel keenly the responsibility of developing the policy for the new Bureau and are willing to undertake it only because we have your sympathetic coöperation.

Any definite program must develop slowly for lack both of funds and of available personnel. We are hoping, however, gradually to extend the work of the Office of Home Economics until it covers all the fields outlined by the conference committee in June.[1] In developing our program we shall consider the relative need in the various fields and the extent to which these are being studied by other agencies.

The most neglected one at present seems to be that which has to do with the economic phases of home economics. For this reason and because the study of this aspect will help in shaping the work of the others, we have decided to start our expansion here. With this in mind several problems have been outlined to be studied as soon as possible.

[1] *Journal of Home Economics*, 1923, 8: 458.

The standard of living studies now being carried out by this Bureau, represented by Ilena Bailey, in coöperation with the Bureau of Agricultural Economics, are to be developed to include other groups in other localities. In connection with these studies we hope also to collect as many detailed schedules as possible as a check on the figures obtained by the survey method. These studies will furnish information of fundamental importance to all the lines of work of the Bureau. They will indicate how the family income is ordinarily distributed among such items as food, rent, operating expenses, clothing, and advancement, and thus will help to establish standards for home consumption. Such standards, based on what is actually customary, will aid the housewife in judging whether or not she is getting a fair return for her expenditures.

Detailed study of specific expenditures will be useful to other bureaus of the Department in working out household consumption demands and in guiding the production and distribution of certain necessary commodities. For example, if we find that the average home in a given community uses so many pounds of butter or so many sacks of flour per individual, this will furnish a basis for estimating the local need, or even the national need if a sufficient number of groups can be included.

The value of woman's work in the home is much discussed. While this includes much that is intangible and difficult to state in terms of money, it is desirable to know on a wage basis the contribution which a woman makes to the home income in doing the various household tasks. These figures will be of value in estimating the real income under which the family is operating, in bringing about a greater appreciation of the value of woman's work in the home, and in enabling the woman who has a choice of work to use her time to best advantage. Various studies of this type have been reported in the JOURNAL from time to time and we hope to make more. We should like to have sent to us any available figures obtained from such work and to undertake coöperative studies with individuals and groups interested in these investigations.

A large proportion of the family income is spent on clothing. There are wide variations in clothing cost which cannot be accounted for on the basis of materials and labor used. A more detailed study of the factors which enter into these costs should help women in determining clothing standards and expenditures, and to make intelligent choice of clothing. This in turn would help to stabilize and standardize the

clothing industry, and thus to eliminate that part of clothing cost which is the result of seasonal demand and excessive changes in fashions.

Studies of the economic uses of food should be continued and expanded in connection with the work of the division of foods and nutrition. The housewife is being urged from all sides to increase the consumption of this, that, or the other food. Particularly is present-day advertising bringing such appeals. Sometimes the argument used is individual gain, sometimes general economic gain, and in a few cases the change is urged for the economic advantage of a special group. Simple, definite standards of food requirements set up in terms of food groups would help the housewife in maintaining the adequate nutrition of her family and in meeting changes in the economic situation without a sacrifice of their health. In order to set up these standards in definite form detailed experiments are needed extending over a considerable period of time. Such experiments would show the proportion of the diet which may be safely chosen from certain food groups when used in definite combination with other food groups. In times of surplus or failure of any of the more important foods, such data would be valuable to determine how the diet may be changed and adjusted to abnormal conditions without a sacrifice of health. They should also show what are the limits within which such variations are safe.

The cost of housing has increased so much recently that household budgets prepared before 1918 are of little value in indicating the proportion of the income which may be legitimately spent for housing. These budget estimates need to be readjusted to the present housing situation. A study should be made of rent figures and of cost of building so as to determine the sum necessary to provide adequate housing for the family. We also need more definite information as to the relation of this cost to running expenses in terms of materials and labor.

Another line of work which we plan to start soon, in any case not later than July 1, 1924, is that with textiles. We hope to have the advice and help of the members of the textile section of the American Home Economics Association in working out the details of the program outlined below.

Laboratory studies will be made of the various factors affecting the wear of textiles. Very little information is now available to help the housewife choose textile materials which will give the greatest amount of service. We know in a general way the tensile strength of the most commonly used textile fibres. These fibres, however, pass through many processes in being manufactured into the fabric. Moreover, in

the demand for cheaper clothing, cheaper fibres of lower grade or of different kind may be substituted, or an inferior fabric may be treated by a foreign material to make it seem better than it really is. There has been little study of the effect of these substitutions and processes on the wear of the materials. Various trade groups consider this subject of sufficient importance to maintain an expert in connection with certain technical bureaus to test their textile materials for them. The results of their investigations are not adapted to the use of the housewife and in general are not available to her. We propose to make such tests as will furnish the information which the housewife needs in order to choose her textiles more wisely and to protect herself against the fraudulent dealer. These tests will include such questions as the effect of weighting on the wear of silk fabrics, the comparative wear of stockings and underwear made from cotton, silk, and artificial silk, the effect of an admixture of cotton on the wear and appearance of so-called wool cloth, and the effect of mercerizing and bleaching on the wear of cotton and linen.

Tests in the laboratory will be supplemented and checked by properly directed field tests of the comparative wear of the various textile materials and garments used in the home. These tests of actual wear should be carried out under normal conditions, and whenever possible they should be done by the housewives so that the latter will become used to keeping records of trade names, methods of handling, and length of wear, and thus will learn how to obtain the facts necessary for judging values accurately.

Practically no scientific information is now available as to the relation of clothing to heat regulation and metabolic changes within the body or as to its general influence on health. We hope to start a detailed study of such factors in order to put clothing selection in its relation to health on a more scientific basis. Examples of topics to be included in these experiments are the influence of weave and fibre on heat regulation and on the elimination of waste through perspiration.

The question of household equipment, like that of housing, is important at the present time because it is a neglected one, and also because it concerns products in which much money is being invested without due consideration of the returns in health, economy, and efficiency of work. After July 1, 1924, we hope to have at least two people at work on problems connected with household equipment.

If the Bureau is to succeed and develop as we hope, we shall need the help of you all both for the work in Washington and in stimulating

home economics research in the states. We want your constructive criticism of our program in its present brief form, we want your suggestions for its extension as extension becomes possible. We want to start coöperative work wherever possible, and we want you to call on us if we can be of any service in developing research in home economics in your states and institutions. We may not always be able to respond, but we shall do our best.

TESTS FOR FASTNESS TO LIGHT OF DYED FABRICS

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So much has been written within the past few years, concerning the desirability of perfecting a method of testing dyed fabrics for fastness to light, that it has seemed worth while to summarize what has been done in this field.

The sunlight test is a very variable quantity test. Consequently it is necessary to select a standard for comparison if the results are to be at all satisfactory. The method employed at the Materialprüfungsampt (1) is as follows:

Eight type standards are used, ranging from very fugitive to very fast. The sample to be tested is exposed, together with the dyed standard, in a box suspended in the open under glass, one half being covered with paper or cardboard. At the Materialprüfungsampt, two exposures are always made, one under glass, and one in the open, subject to all atmospheric conditions.

It is believed that dressed goods are faster to light than undressed goods of the same character, and that resistance to light is affected by the depth of the dyeing, and by the texture of the dyed material.

Gustave Schultz (2) considers dyes of first order as to fastness to light which will "stand up" after 30 days. There are other classes, down to those which show unmistakable evidences of fading in three days, and disappear completely in 28 days.

Alice Robson (3) has attempted to measure fastness to light by comparison with a standard of fleeting color. The standard was made by steeping coarse white filter paper in a 1 per cent solution of eosine G G F

(Cassella). The paper was dried without rinsing, and cut into strips 3″ by ½″. The standard was found to bleach white behind glass in one week of early spring weather. Cotton yarn, dyed in various colors to be tested, was exposed alongside of a strip of the standard. When the paper had faded white, it was replaced successively by others, until a distinct change took place in the color to be tested. Fastness to light was then expressed numerically by the number of pieces of eosine paper required. This method seems a promising one, although it presents some practical difficulties. Some difficulty was experienced in determining the exact point at which the eosine test paper should be changed. Subsequently it was suggested by another writer that some more definite way of determining the fading, than judging by the eye the time when a distinct change had taken place in the color to be tested, was needed.

Because the sunlight test is too slow to be practical for commercial use, many attempts have been made to find a substitute which will produce results comparable to sunlight effects. Preliminary experiments by Messrs. Bancroft, Elsenfast and Grant (4) show that hydrogen peroxide may be used, within certain limits, to show stability of a given dye to light; but it cannot be used to measure *relative* rates of fading on exposure to light.

Most of the commercial testing devices make use of ultra-violet light. P. Sisley, G. Rivat, and Bardet (5) have published a study on The Comparative Alteration of Some Colors in Sunlight and Artificial Light, in which they state that, in the case of some colors fugitive to sunlight, the effect of ultra-violet light is the same qualitatively, but much more rapidly destructive. Some colors are fast to sunlight, but affected by ultra-violet light.

Edward W. Pierce (6), as the result of a similar study, states that "it is quite possible for a dye to be resistant to ultra-violet rays, and yet be easily bleached, and the reverse is also true." Exposures were made in both the wet and the dry condition, and the results differed greatly.

In this connection it may be of interest to note what the makers of a commercial testing cabinet state with reference to their cabinet: "The length of exposure cannot be definitely stated, for the reason that various dyes will fade more quickly under sunlight, and vice versa; so to say that a definite number of hours in the . . . . test cabinet is equal to a definite number of sunlight hours, means that the ratio will not hold true in all cases."

H. B. Gordon (7), of the U. S. Testing Company, Inc., has published a study of the effects of five lights upon dyed samples. Samples were exposed to light from a quartz mercury arc lamp sold by Hanovia Co., another sold by R.U.V. Co., a violet carbon arc, and sunlight in Arizona and New Jersey. The samples were exposed in Tucson, Arisona, between Jan. 28 and Mar. 29, 1920. They were so placed that noon sunlight would fall almost perpendicularly upon them, and were exposed between 9 a.m. and 4 p.m. each day except during rainy weather. There were a few cloudy hours and hazy days. The noon temperature was usually between 50° and 70°F. The samples were exposed for 100, 200, and 300 hours.

In New Jersey, the samples were exposed parts of June and July, for 90 hours and 15 hours. The tests were not completed. The relative speeds of action were judged by looking at the samples compared with those exposed to Arizona sunlight. Some of the results were measured by the Hess Ives Tint Photometer, but there was no very close relation between the rates obtained by the two methods.

The effects of the two mercury arc lamps were essentially the same in nature, but were quite dissimilar to the others. The violet carbon arc was similar to sunlight in effect. New Jersey summer sunlight was much more rapid in effect than Arizona winter sunlight. Mr Gordon attributed this to the greater humidity in New Jersey, but it seems probable that this was not the only factor which influenced the result.

Of the lamps used, the violet carbon arc seems the most practical for increasing the rapidity of the "sunlight test."

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SOME OLD-TIME HOME ECONOMICS

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In the Connecticut historical collection at Hartford there are included some old-time almanacs, and in them there is, somewhat curiously, a department that is entitled "Home Economics," which affords much that is of peculiar interest, and was undoubtedly much "set by" among the grandmothers, who were thrifty to the extreme. A few choice selections are amusing, to say the least.

Here is a recipe for "Making Soap out of Snow," which the Almanac maker credits to the Baltimore Federal Gazette:

"Soap is made of snow in the following manner, namely,—Take and cut into very small pieces one pound of good hard soap; dissolve it with a slow fire; when dissolved, put six or eight pounds of clean snow with it; and after having boiled them together well for three hours (or until it shows a lather on its surface), add a wine-glass of fine salt, and let it get cold; when it will be found to be the finest soap, and to weigh as much as the snow did originally."

Spofford's American Magazine in 1815 furnished an almanac with "A Plan for Improving Candles, and the Quality of their Light," as follows:

"Place a small straw of rye or oats in the centre of the wick, the ends of which may be stopped by being dipped in some beeswax or melted bayberry tallow to prevent the cavity being filled with tallow in the mould or in dipping. Clipping the lower end opens the straw, which is easily opened at the upper end also by clipping off a little piece; and on being lighted, the extra labor is not to be regretted."

Persons who are fond of coffee may get comfort from the following recipe for "making good coffee out of potatoes," which we are assured "few persons can distinguish the one from the other, and is to be highly recommended to all." It is from an 1815 Almanac:

"Wash raw potatoes clean (washed parings of potatoes may also serve), and cut them up into small square pieces of about the size of a hazel nut; put them into a broad dish or pan, and set them in a temperate stove, or in an oven after the bread has been taken out; stir them frequently to prevent their sticking together and in order that they may dry regularly; when they are dry, perfectly, put them into a dry bag or a secure box, and they will keep for any length of time. When they are to be

used they have to be roasted or burnt in the same manner as coffee, and ground in a coffee-mill, or reduced to a powder by a pestle, in a mortar. Small potatoes are as good, or better than the large and mealy potatoes. A cheaper, more satisfying coffee cannot be imagined. It sets light on the stomach, is nourishing and easy of digestion, and does not irritate the nerves of weak persons, or cause watchfulness after drinking."

As was becoming to Almanacs, much stress was laid in them on the influence of the moon in "Home Economics." Here are some examples:

"In order to have good pork, hogs should always be killed when the moon is approaching from new to full."

"Cut fire-wood at full moon to prevent it snapping and thus becoming of danger in the stove or fireplace."

"To keep apples in good condition all through the winter and in a sound state:—Gather them at noon on the day of the full of the moon, which happens in the latter part of September or the beginning of October. Then spread them in a chamber or garret, to lie on the floor till November. Then on the day of new moon, in the morning, place them in casks, and keep them in a dry cellar."

"The leading authorities, who know that vegetables and some fruits have been ever influenced by the moon, calculate that the list consists of beans, cabbages, lettuce, cucumbers, and pumpkins. Consequently, these must be planted at full of moon if a good crop is expected."

"Cut or gather medicinal herbs in the day-time when the moon is still pale in the sky; and after drying, preserve them in a pale, white or gray silk bag."

With an eye to much that was considered as being right in the line of "Home Economics" was the sage and frequent advice as to making and using maple sugar:

"Make your own sugar, and send not to the Indies for it, thus to feast on the toil, pain, and misery of the wretched."

"Pies, puddings, and pancakes are best sweetened with maple, and she who used this luxury is indeed happy and economical."

"Sweeten your drinks with maple, and thus have a taste all its own, and unexcelled."

Long before the beet-sugar industry was ever thought of, the "high price of molasses" led people of the North to attempt to devise substitutes. Thus in an 1801 Almanac we have this recipe: "By gradually boiling the pulp and strained juice of a watermelon weighing fourteen pounds, a half-pint of syrup is obtained. It is therefore computed that

an acre of land planted to melons should yield one hundred and forty-three dollars worth of superior syrup."

In 1820's publication we read: "Although not as rich a sweet as sugar-cane molasses, the molasses made of sweet apples would do for family use in general. We hear also of molasses made from cornstalks that is quite good."

The thrifty people of the early nineteenth century had excellent ideas which found their way into the Almanacs, and are worthy of being retained after being resurrected. Here is one entitled "saving our bacon:" "I was entertained by a friend at dinner, and on my plate was bacon and eggs, the bacon of superior quality. Upon complimenting my friend upon it, he surprised me by telling me that it had been cooked ten months before! Then he explained that it was their custom to slice and fry their bacon immediately on its being cured, and then to fry it in its own fat as if for the table, and then to pack it in jars in the same fat, in layers of bacon and gravy. In the same way they treated their ham, slicing it, and frying it, and packing in the jars in alternate layers of ham and gravy. When occasion came to use the hams or the bacon, the slices, slightly warmed through, had all the freshness and flavor of that which is just prepared. By this method they had ham or bacon fresh and sweet through the hottest weather."

The prevailing tone of the "Home Economics" pages of these old publications is refreshing, and altogether worthy of emulation. "Poor Richard," "Robert B. Thomas," "Maryland Management," and all others stress saving, and make free use of the words, economy, frugality, thriftiness, and prudence; and always in a gently mandatory way.

YEAST BREAD COMPARED WITH BAKING POWDER BREAD IN NUTRITIVE VALUE[1]

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Yeast has been used since the earliest times as a leavening agent in bread making. Much more recently baking powder has to some extent been used as a substitute. There has been a tendency to decrease the amount of yeast used in bread as a matter of economy. In view of the fact that bread is man's chief staple food it is of importance to know whether the yeast used acts merely as a leavening agent giving off carbon dioxide, or whether it improves the nutritive value of the bread. If yeast is a food in itself it is important to know in what way it supplements the other ingredients of the bread, and in what amount it should be used to obtain the maximum nutritive value.

Yeast is essentially a protein food, comparing favorably with other sources of this tissue-building material. A number of experiments have been carried out with both man and animals to determine the extent of digestion and utilization of the yeast protein. In the case of both adult men and animals, the utilization of the nitrogenous components of yeast as judged by the coefficient of digestibility and the nitrogen balance has repeatedly been reported as good, although the statements on this point are not unanimous.

Osborne and Mendel (1) found that albino rats could be maintained successfully for more than a year, covering the period of growth, upon a diet in which yeast furnished the sole source of nitrogen as well as of water-soluble vitamine. In several cases the nitrogen utilization was from 74 to 83 per cent.

Yeast (2) is distinctly the richest known source of the water-soluble vitamine, being much more efficient than alfalfa and clover, which ranked next among a group studied quantitatively. Spinach, cabbage, turnip, and carrot were not widely unlike in their comparative potency as sources of water-soluble vitamine; a one gram dose of these vegetables did not surpass 0.5 gram quantities of alfalfa and clover and perhaps tomato in the results attained. Two-tenths of a gram of dried yeast per day caused rats to respond promptly with a more rapid growth than when they received from 4 to 7 grams of dried spinach a day.

[1] Work done at Kentucky Agricultural Experiment Station with assistance from the Fleischmann Company and published by permission of the Director of the Station.

Abderhalden (3) succeeded in protecting pigeons fed on polished rice, against polyneuritis by such minute daily amounts of yeast as 0.05 and 0.01 gram.

It has been known for many years that the ash contained in yeast is especially rich in that important element, phosphorus, and that it also contains a considerable amount of potassium and smaller amounts of magnesium, calcium, sodium, sulphur, iron, and traces of silica and chlorine.

Experimental procedure: Sixteen healthy, young albino rats, consisting of twelve males and four females were selected from a colony which was obtained from the Western Reserve Animal Industries. They were placed on a mixed diet for two weeks after shipment. These were then separated into two groups, two females and six males in each. Two males were used as control.

The rats in group No. 1 were fed whole wheat bread made with yeast, while those of group No. 2, were fed whole wheat bread made with baking powder. The control rats were fed a mixed diet.

The recipes for making the two kinds of bread are as follows:

Yeast bread	*Baking powder bread*
520 grams whole wheat flour	520 grams whole wheat flour
130 grams spring wheat flour	130 grams spring wheat flour
50 grams sugar	50 grams sugar
50 grams lard	50 grams lard
10 grams salt	10 grams salt
250 grams whole milk	250 grams whole milk
200 grams water	200 grams water
28 grams yeast (2 cakes)	14 grams tartrate baking powder

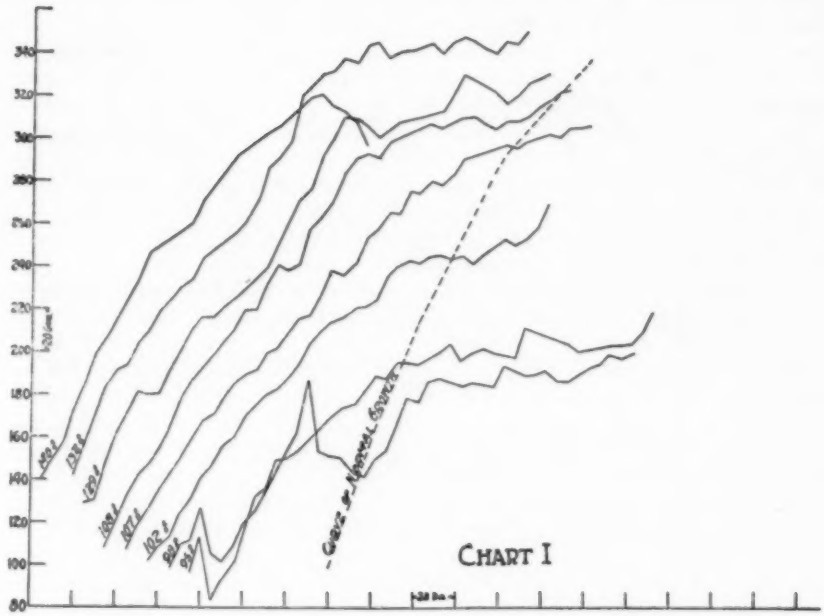
The ingredients for the yeast bread were thoroughly mixed and allowed to rise for 3½ hours at from 78° to 80°F. The dough was then made into small rolls, allowed to stand for forty minutes, and then baked for ten minutes at 450°F.

The baking powder bread was baked, immediately after mixing, for ten minutes at 450°F.

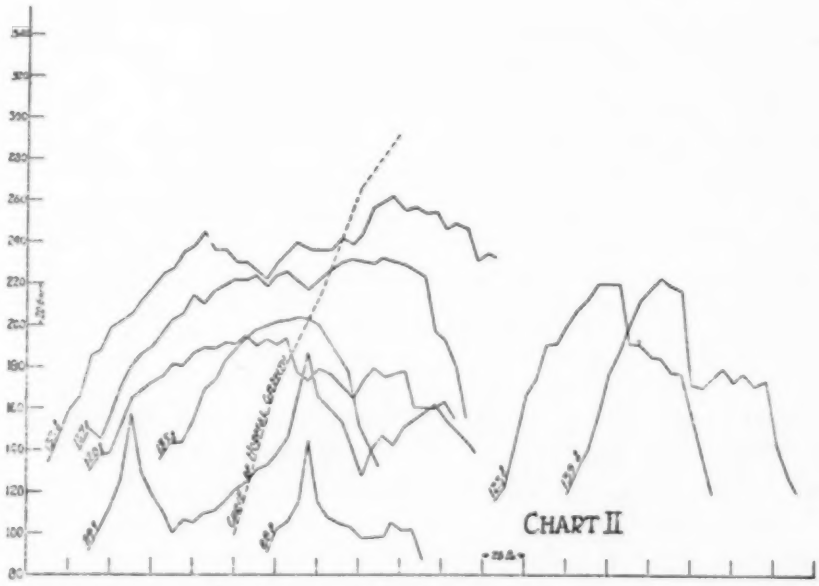
Eight grams of an inorganic salt mixture[2] and four grams of butter were added to the bread made by each of the above recipes.

The rats were weighed each week and the weights of the individual rats are shown in charts No. I and No. II.

[2] Salt mixture by Osborne and Mendel, *J. Biol. Chem.*, xxxvii, 572.



RATION—Whole wheat bread made with yeast plus mineral salts and butter.



RATION—Whole wheat bread made with baking powder plus mineral salts and butter.

The rats fed on the yeast bread gained throughout the experiment, but more slowly during the last twenty weeks. The average gain for the entire experiment was 287 grams. At the end of the experiment the rats were very active and seemed to be in good condition, though the fur was not quite so fine and glossy as that of the control rats. Male No. 140 died of bronchial pneumonia, and rat No. 102 died from injuries received when the top of the cage fell on it.

Three weeks after being placed on the yeast bread diet, female No. 98 produced a litter of eight young, all of which died; she did not eat them. Ten weeks later she cast a litter of six, four of which she raised. One of the females from this second generation produced young at the age of six and a half months. The number could not be determined and all had disappeared by the second day. Twenty-five days later she cast a litter of six, which by the fifteenth day were well covered with fur and were running about the cage.

Female No. 96 cast a litter of eight after one week of the yeast bread diet but they were inferior young and died within two weeks. This was her only litter, but she seemed to be in good condition throughout the experiment.

The rats fed on the baking powder bread gained more rapidly at first than those fed on the yeast bread, but after the tenth or twelfth week the gain became slower and, with a few exceptions, by the fifteenth week they began to lose weight. Only one survived the experiment and four of them were dead by the twenty-third week. The average gain for the group was eleven grams. Even while they were gaining in weight the nose, ears, and tail became infected, and later sores appeared on other parts of the body.

Female No. 89 produced a litter of nine four weeks after beginning the baking powder bread diet. They grew at a normal rate until after they were about two months old. At the age of ten months the five which were living had an average weight of 138 grams. Of the four females from this litter three of them cast one litter each, but all of the young were eaten.

Female No. 89 produced a second litter of eight four months later, which grew to maturity very slowly. Two of the five females cast litters. One female raised two; the other four she ate. The other female raised three; four died but were not eaten.

Female No. 88 cast a litter of nine four weeks after being placed on the baking powder bread diet; four of these grew to maturity, but were very inferior rats. Their average weight at the age of ten months was 93 grams.

About 12½ per cent of the yeast bread was protein. The use of milk to the extent of a little more than one-half the liquid required is sufficient to replace about 10 per cent of the wheat protein by milk protein, and about 4 per cent is replaced by yeast protein, making about 14 per cent of the total protein non-wheat protein. The baking powder bread contained about 12 per cent protein, 10 per cent of which was milk protein. Osborne and Mendel (4) found that rats grew normally and reproduced on a ration in which the protein of whole wheat flour was supplemented by that of milk.

Water-soluble vitamine is probably not so stable towards heat as was formerly supposed. Wheat germ (5), when heated two hours at 100°C., loses little or none of its potency; heated 40 minutes at 113°C., loses one-half; and heated 2 hours at 118°C., and 124°C., it loses up to nine-tenths.

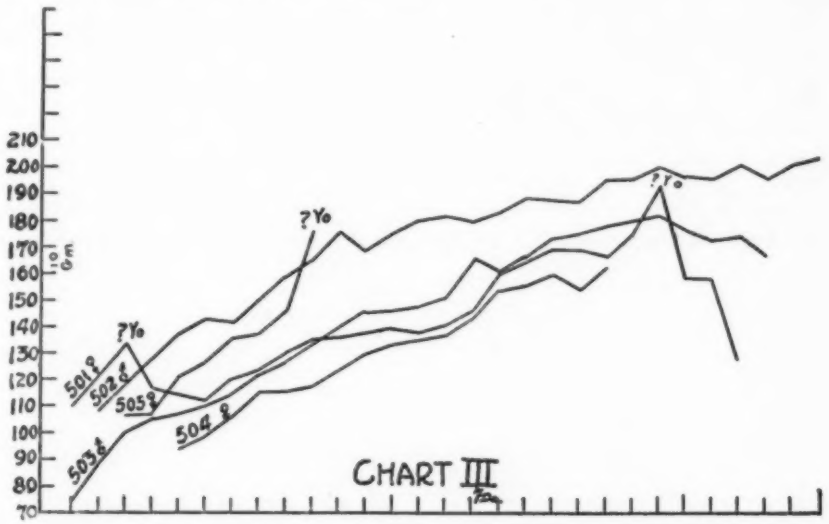
An experiment was made in which patent flour was substituted for whole wheat and spring wheat flour and varying amounts of yeast were used. Four groups of rats, five in each group, were so selected that the average weight of each group was the same. At the age of about three months the rats were placed on a ration of white bread made with ½ cake, 2 cakes, 4 cakes, and 6 cakes of yeast to the loaf, respectively. A quantity of, inorganic salts, calculated to supply the deficiency of those in

the bread, was added to each of the diets. Butter was added to supplement the fat-soluble vitamine in the bread.

The recipe was as follows:

325 grams patent flour
25 grams sugar
25 grams lard
5 grams salt
100 grams milk
80 grams water
7, 28, 56, 84 grams yeast

The rats in group No. 1 on the white bread ration grew to maturity very slowly. The largest one's maximum weight was a little over 200 grams. The average gain for the group was 66 grams in 190 days. There were several litters cast, but all of the young were eaten or died shortly after birth. The rats were in a very poor conditon at the end of the experiment, only two of the five surviving. See chart No. III.



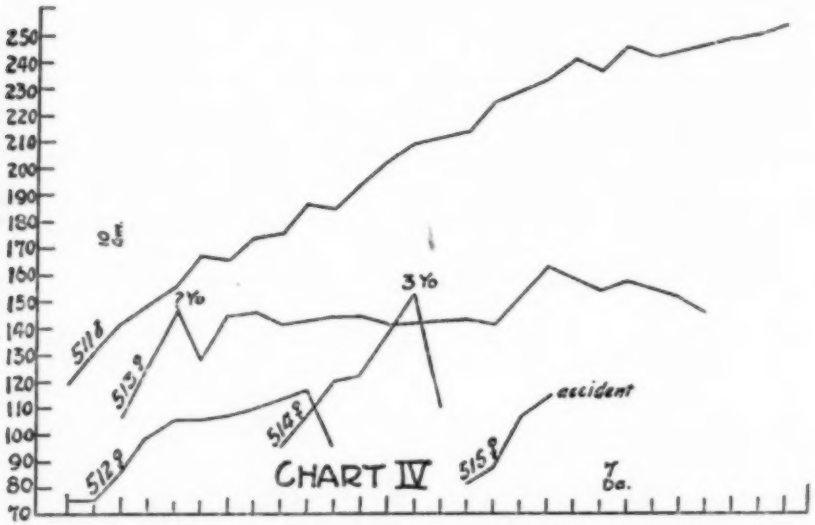
RATION—White bread made with ½ cake of yeast to the loaf plus mineral salts and butter.

The average gain for group No. 3 was 46 grams in 190 days as shown in chart No. IV. A much lower average than that of group No. 1. This was due to the fact that two of the rats died and one escaped from the cage during the early part of the experiment. The two that survived to the end of the experiment were in better condition that those of group No. 1. The females of this group cast two litters each, but they were either eaten or died shortly after birth.

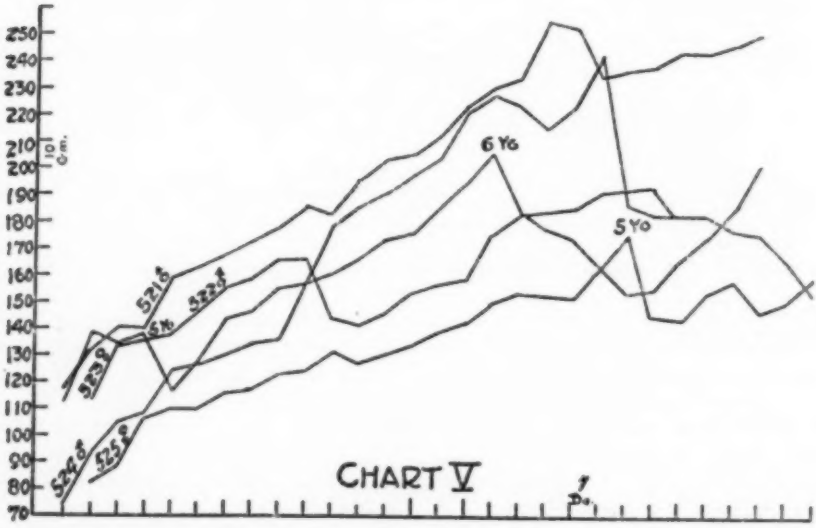
The rats of group No. 3, chart No. V made an average gain of 90 grams in the 190 days. Female No. 523 produced two litters. All of the first litter died shortly after birth, but she raised the second though they grew slowly. They seemed to be maintained in good condition but they did not gain normally. Female No. 525 produced a litter of five, but they all died shortly after birth. The rats in this group were much more active and in better condition than either of the other two groups.

The group receiving six cakes of yeast to the loaf made the best average gain of the four groups, that of 94 grams in the 190 days. See chart No. VI. One of the females died after having been on this ration for six weeks. She had cast two litters, but lost both of them.

Female No. 533 also cast two litters, but all of the young died within two weeks after birth each time.



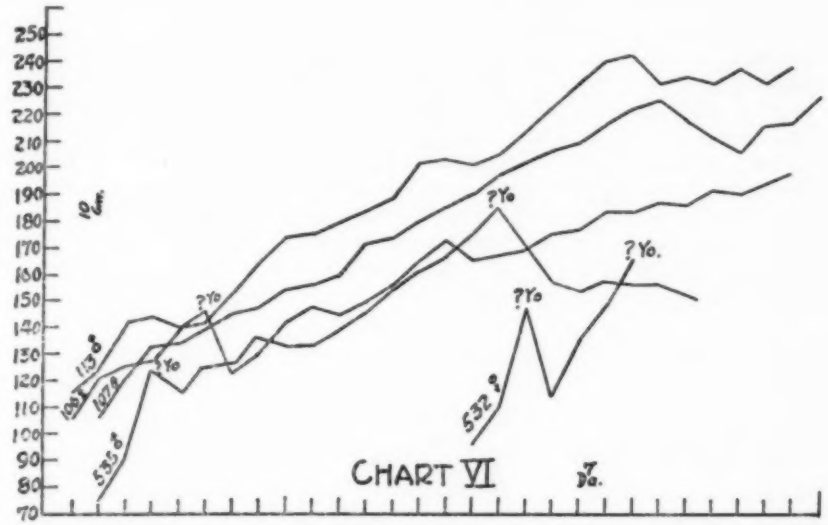
RATION—White bread made with 2 cakes of yeast to the loaf plus mineral salts and butter.



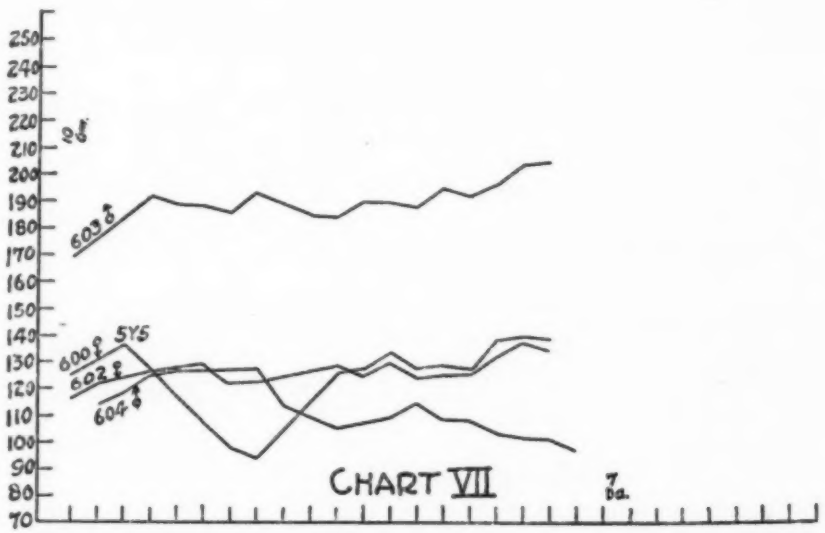
RATION—White bread made with 4 cakes of yeast to the loaf plus mineral salts and butter.

To ascertain whether the gain of group No. 4 over that of group No. 1 was due to the vitamine content, or to the character and amount of the protein, the following experiment was made: five rats were selected from

the colony and placed on a diet of bread made by the recipe of group No. 1 with the exception that the protein content was made to equal that of group No. 4 by adding purified casein.



RATION—White bread made with 6 cakes of yeast to the loaf plus mineral salts and butter.



RATION—White bread made with ½ cake of yeast to the loaf plus purified casein, mineral salts, and butter.

From chart No. VII it will be seen that the rats in this group did not gain so much as those of group No. 1 though they seemed to be in better condition than those of that group, but not equal to those of group No. 3. The average gain for 125 days was 13 grams. One litter of five was cast, though they were under size and gained slowly; they were in good condition and very active.

Bread made from patent wheat flour without being suitably supplemented is known to be deficient in water-soluble vitamine, and also protein. When one-half of the liquid is milk the wheat protein has been supplemented in a very effective way. That the addition of the milk should furnish sufficient vitamine would not be expected from the relatively low vitamine content of milk as shown by the work of Osborne and Mendel (6) who found that 15 cc. of fresh unpasteurized milk was inferior to 0.2 gram of dried yeast in this respect.

The addition of the larger amounts of yeast undoubtedly increased the water-soluble vitamine content besides supplementing the protein of the flour and milk. The fact that the rats did not make the maximum gain when six cakes of yeast were used indicates that a greater amount of yeast could have been used to advantage in further improving the bread protein as well as the stimulating action of yeast on protein metabolism which may be associated with the larger vitamine content of yeast.

Conclusions: That the yeast bread made from whole wheat flour nourished albino rats more effectively than whole wheat bread made with baking powder is undoubtedly due to the increase of the water-soluble vitamine from a low to a more adequate level, and also due to the protein of the bread being supplemented to a greater extent. Bread containing six cakes of yeast to a loaf is very palatable and nourished the rats much more effectively than bread made with ½ cake to the loaf. The extra yeast supplemented both the water-soluble vitamine and the protein. Yeast is therefore, a nutrient constituent of bread and any increase in the amount up to quantities far in excess of those ordinarily used will improve the food value of the product.

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TRAINING TEACHERS OF HOMEMAKING FOR EVENING SCHOOLS IN NEW YORK STATE

TREVA E. KAUFFMAN

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Two years ago two centers in this state, Rochester and Schenectady, felt the need for evening-school teachers and decided on a plan and program for training them. Thirty-eight women, including trade dressmakers, milliners and homemakers, were recruited at Rochester, thirty-five of whom completed a 240 hour course and received state diplomas. The course given was as follows:

	hours
Clothing, selection and design	60
Vocational education and home economics education	60
Methods of teaching	60
Practice teaching	60

Mrs. Alma Guillet has been in charge of the teacher-training class and is responsible for the interest and splendid record made by the class. Practically all the members of this class have since taught in the evening schools of Rochester.

Two members of the class were selected to teach the new short unit courses in homemaking introduced at two centers. These courses were organized in the following units:

1. Art principles applied to dress and to the home. 8 lessons.
2. Study of textiles, including good design and color and testing for adulterations. 8 lessons.
3. Demonstration food unit, including a study of food values, balanced meals, table setting, entertaining friends, and recreation. 8 lessons.
4. Hygiene and home nursing, including preparation for motherhood and infant care. 8 lessons.
5. Home management, budgeting the income, psychology as related to the home and bringing up of children. 8 lessons.
6. Laundering, dry cleaning, dyeing, arts and crafts related to the home, including the making of window boxes and other homemade furniture, reupholstering of furniture, mending and caning chairs, renovating floors. 8 lessons.

Eleven women completed the units at one center and sixteen at the other. Small certificates were granted at completion of each unit. These certificates will count toward a state diploma.

At Schenectady fifteen women, among them present evening-school teachers homemakers, milliners and dressmakers, completed 120 hours of work, including clothing selection and design and methods of teaching. This course was presented through the coöperation of the State College for Teachers. Miss Gillett, head of the home economics department, and Miss Kiem, assistant professor, contributed their services in teaching part of the course.

Miss Edith Sarver, Supervisor of Home Economics, feels that 120 hours is sufficient for training of these teachers. One member of this class who has taught in evening schools for eight years expressed her interest and sense of the benefits derived from class discussion of evening-school problems and new methods of teaching.

Members from both the Rochester and Schenectady classes have availed themselves of summer courses in clothing and methods at Buffalo State Normal School and State College for Teachers, Albany.

A 30 hour course has been organized at Buffalo and Rochester for training homemakers with either a good general education of normal school or college grade, or a college course in home economics. The course consists of a study of the organization of homemaking, and methods of teaching. In Buffalo this course is given by Miss Sipp of Buffalo Normal School, two evenings a week. These women will be prepared to teach the short unit courses in homemaking. It is the plan of the State to build up a series of short units in different phases of homemaking, which together will extend over two or three years, and by granting a state diploma at the completing of the course it is hoped that women attending evening school will be interested to finish the course.

In Buffalo a number of the present evening-school teachers have completed a 30 hour course in methods of teaching evening school, given at summer sessions. Meetings are held during the school year by supervisor, Mrs. Helen Jaeger, where problems of evening school are discussed.

In New York City the teachers have offered to come voluntarily once a month to discuss their problems. In Albany a number of teachers have completed summer work in clothing design or methods. The noted improvement in the teaching in evening schools throughout the state is encouraging, as is the interest for such improvement shown by the teachers. Next year other large centers will work toward similar improvement by organizing teacher-training courses or meetings with supervisors.

DIGESTIBILITY OF BAKED GOODS MADE FROM PATENT FLOUR

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Every now and then the digestibility of rolls, baking-powder biscuits, doughnuts, pie crust, and various other kinds of baked goods is questioned. They are often called "indigestible," meaning, no doubt, that they are the cause of digestive disturbances. As part of the cooperative experiments in food and nutrition organized by the United States Department of Agriculture some years ago, and more recently as part of the research conducted by the Office of Home Economics of the Department, studies have been made of the digestibility of bread, macaroni, and many other foods consisting chiefly of wheat in some form.[1]

Owing to a change of plans, the results of one of the earlier studies, made at the Minnesota Agricultural Experiment Station by Harry Snyder, who was then station director, were not published at the time. With his cooperation the results have been brought together and are here summarized with the results of some recent experiments with pie crust made in connection with studies of thoroughness of digestion carried on by the Office of Home Economics, United States Department of Agriculture.

The digestion experiments here reported were made with young men in good health as subjects, and the methods followed were essentially the same, except that the tests at the Minnesota Agricultural Experiment Station covered a period of four days each, and those at the Department of Agriculture, of three days.

The results of the studies of thoroughness of digestion of different kinds of baked goods made from patent flour are included in the table on page 700. Full data regarding the work are on file in the Department of Agriculture.

For all these foods except the pie crust the coefficients of digestibility are high for both protein and carbohydrates and show comparatively little variation. In the case of the experiments on pie crust, the protein was only 76.9 per cent utilized, the figure being presumably unduly low since the total amount of protein eaten was so small that accurate results could hardly be expected.

[1] A Report of Investigations on the Digestibility and Nutritive Value of Bread, C. D. Woods and L. H. Merrill, U. S. Dept. Agr., Office Expt. Stas. Bul. 85, 1900, and later publications.

Digestibility of baked goods made from patent flour

	NUMBER OF EXPERIMENTS	COEFFICIENTS OF DIGESTIBILITY	
		Protein	Carbohydrate
		per cent	*per cent*
Rolls	3	88.6	97.7
Yeast biscuit	3	88.2	96.8
Currant buns	3	88.0	98.1
Sea biscuit	3	94.1	98.8
Baking powder biscuit	3	88.2	97.4
Sugar cakes	3	88.4	98.0
Ginger cakes	3	85.6	97.8
Molasses cakes	3	84.6	97.9
Ginger snaps*	3	85.2	97.7
Doughnuts	3	91.8	96.8
Pretzels*	3	88.2	98.0
Pancakes	3	86.3	96.5
Soda crackers	3	92.7	98.4
Boston butter crackers	3	93.0	96.7
Boston crackers	9	87.7	97.9
Pie crust	5	76.9	99.5

* Bread included in diet.

It is interesting to compare these results obtained with baked goods of various sorts with those obtained in studies of the thoroughness of digestion of bread made from patent flour. In an average of 31 tests carried on by the United States Department of Agriculture in cooperation with the Maine Agricultural Experiment Station[2] and the Minnesota Agricultural Experiment Station,[3] the protein of patent flour was 88.9 per cent digested and the carbohydrates, 98 per cent. In a more recent series of 42 digestion experiments in the Office of Home Economics of the United States Department of Agriculture,[4] with bread made from flours of different degrees of extraction, the coefficient of digestibility of protein from 70 per cent flour, or "standard patent," was 90.1 per cent, and of carbohydrates, 99.9 per cent.

[2] Studies on the Digestibility and Nutritive Value of Bread at the Maine Agricultural Experiment Station, 1899–1903, C. D. Woods and L. H. Merrill, U. S. Dept. Agr., Office Expt. Stas. Bul. 143, 1904.

[3] Studies on Bread and Bread Making at the University of Minnesota in 1899 and 1900, Harry Snyder, U. S. Dept. Agr., Office Expt. Stas. Bul. 101, 1901; Studies on the Digestibility and Nutritive Value of Bread at the University of Minnesota in 1900–1902, Harry Snyder, U. S. Dept. Agr., Office Expt. Stas. Bul. 126, 1903; Studies on the Digestibility and Nutritive Value of Bread, U. S. Dept. Agr., Office Expt. Stas. Bul. 156, 1905.

[4] The Effect of a Variation in Milling on the Digestibility of Wheat Flours, C. F. Langworthy and A. D. Holmes. Proc. Nat. Acad. Sci. 7 (1921), April, pp. 119–123.

In short, wheat flour seems to be thoroughly digested, whether eaten as a constituent of rolls, baking-powder biscuits, doughnuts, pancakes, cookies, bread, or various other kinds of baked goods, and no digestive disturbance was reported by any of the subjects during the experiments.

THE USE OF THE ANIMAL LABORATORY IN TEACHING NUTRITION AND DIETETICS

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The extensive research in nutrition has been carried on in recent years largely by the use of experimental animals of various kinds. It is essential that our students should understand the principles of the methods used in such work, not only for a better reading knowledge of the literature, but also because there is an increasing demand for laboratory workers as new research departments are opened in both the educational and the commercial world. By means of a colony of white rats, a few guinea pigs, and some pigeons most of the fundamental principles of nutrition may be demonstrated in a manner that cannot be forgotton. Thus, in several of the home economics departments an animal laboratory has come to be as essential a part of the equipment as the foods laboratory. The demonstration method, which has been used most frequently, is good, but it seems even better, if space and time permit, for the students themselves to conduct the experiments, have full responsibility in the care of the animals, and keep complete records.

For two years we have carried out such a plan at the Battle Creek Sanitarium School of Home Economics with such satisfactory results that it may be of interest to others to know some of the details which contributed to its success. So far, rats only have been used in this laboratory, but plans are being made for the use of other animals. The class was divided into groups, each carrying on a different experiment illustrative of some principle in nutrition. The animals were cared for by the girls every day and weighed twice a week. One hour's credit was given for the semester's work which involved not only the

time spent in the laboratory but also the responsibility assumed in the care of the animals and the detailed report and charts of the experiments handed in at the close of the semester.

In general the Osborne and Mendel method (1) of caging and feeding was followed. A Chatillon balance (500 grams capacity) was used for weighing foods and animals. A platform balance, accurate to 0.5 gram, was used in making up the foods. Careful instruction was given in the methods of preparing and the purpose of using the purified "synthetic" foods. The Osborne and Mendel "standard" diet formed the basis for our several variations. This is free from vitamin B and can therefore be adapted easily to an investigation of the effects of a deficiency of that vitamin. Where the influence of other factors is to be studied a sufficient daily allowance of vitamin B may be furnished by yeast or wheat germ. The paste foods offer the advantage of little scattering and the possibility of modification with little change in consistency. Special emphasis was placed on the necessity of making only one dietary change at a time in order that the results might be definite. Students were allowed to suggest modifications that would bring out significant principles.

In order that the results for the whole class might be comparable, rats of the same age and from the same colony were used throughout. The stock was raised in our own laboratory from normal, healthy parents. For each group experiment four rats of the same litter were used as far as possible, two males and two females, or else four animals of the same sex. Each group had two rats, preferably one male and one female, on the adequate or control diet and two on a diet inferior in some one respect.

Photographs of the rats taken when the experiment started and again when the contrast shows up sharply furnish the students with a valuable permanent record useful as illustrative material.

Since it has been conclusively demonstrated that animals do not show marked changes in either growth or development from wide variations in the fat or carbohydrate content of the diet, demonstrations with these factors were not attempted but they were merely discussed. Interesting experiments were conducted illustrating the functions of protein, minerals, and vitamins.

The first group of students started two rats on a diet containing 18 per cent of casein and two on a diet containing 4 per cent of casein as the only source of protein. In the lower protein diet cane sugar was substituted for the protein, thus illustrating the danger of too high a

carbohydrate as well as too low a protein diet which is possible in a child with the candy habit.

The old classic experiments using gelatin or zein serve to illustrate the effects of incomplete protein, while ordinary commercial gluten flour furnishes a more nearly complete yet still inadequate protein. Within the semester one group of students was able to demonstrate with the same animals the failure in growth on gelatin, the recovery on casein and the retarded growth on gluten. Another group left the butter fat out of the diet and replaced it with a commercial lard-substitute, thus leaving out vitamin A. There is time during a semester for the characteristic eye disease or xerophthalmia to develop and for definite recovery to take place after a change to the adequate diet.

A deficiency in vitamin B always shows striking results because it occasions not only the retarded growth, loss of appetite and loss of weight, but also the paralysis characteristic of polyneuritis. It would be profitable for the group working with such diets to demonstrate the inadequacy of some of the many vitamin preparations which are sold in the drug stores. Few of the products which make extravagant claims will bear scientific scrutiny (2). Rats which are given a generous allowance of some of these nostrums will fail to gain and soon develop polyneuritis.

One group of our students started two of their rats on a diet deficient in calcium. The retarded growth was noted from the beginning and at the end of five weeks one of the animals died in spite of the attempt to save him by supplying calcium. Autopsy was performed and we discovered that there was a marked deformity of the thorax and a characteristic rib rosary. The specimen was preserved and mounted, and a picture made which the students might have for their records. X-ray pictures of the surviving "low-calcium" rat and one of the control rats showed marked difference in bone development and rib structure. After a change in diet growth was resumed and the general condition improved, but the rib deformity persisted as evidenced by another X-ray plate made eleven weeks later. This was an exceptionally good lesson to show that the malnutrition of childhood may leave its mark even though apparent recovery has taken place.

Other groups tried diets lacking in phosphorus and iron. Mixtures of natural foods low in these elements, or "synthetic" diets made with salt mixtures (3) from which these elements have been omitted, might be used. One year two groups of students decided to try out some original dietary problems with mixtures of natural foods. Such a

plan should be followed only if the diets to be tried are carefully worked out so that the possibility of too many variables is prevented. For students who have not studied the problems and theories of research it seems better to stay rather close to well-tried experiments illustrative of definite principles, laying stress on accurate records, reports and charts; later, if there is a small group who care to elect a special course in research, an original problem may be worked out and valuable experience gained in the interpretation of results.

Thus the student not only learns from observation and experience in the laboratory how to understand and interpret the results of animal experiments, but she has a premanent record of the class work which may serve as illustrative material in teaching or lecturing.

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EDITORIAL

Play at New Orleans. Never has the American Home Economics Association met such royal hospitality as is being offered during the six days of its first meeting in the far South. New Orleans itself, with its picturesque survivals and traditions, its beautiful surroundings, its famous restaurants, and its remarkable recent development, seemed attraction enough, but consider all the other delights which are to be ours. Louisiana is our hostess at a banquet Saturday evening at the Southern Yacht Club. Sunday morning New Orleans ladies will guide us on a tour of the "Vieux Carré," the heart of the town when it was really a new namesake of the old French city; in the early afternoon the local Parent-Teachers Association will motor us through the parks and residential districts; and later colored home economics teachers will entertain us at the Joseph A. Craig School, where an exhibit of work in the negro schools of the state will be arranged for our benefit. As if all this were not enough, the Presidents' Cooperative Club invites us for a trip about the harbor, the second port of the United States, on Monday afternoon. Opportunity is also given to see the work of the Newcomb College School of Art, the Nicholls Industrial School for Girls, and the Delgado Central Trade School. And Miss Helbing says "What we want is for you all to come."

Business at New Orleans. Life is not all beer and skittles, however, even in New Orleans at New Year's time. The committee has been as thoughtful for our professional as for our personal gratification, and the program, which is printed on pages 735 to 741 includes many distinguished and welcome names. We have also important association business to transact. The question of whether or not there shall be special qualifications for membership in sections is bound to come up for discussion. The report of the committee appointed at Chicago to consider graded membership and other means of increasing our income cannot fail to present far-reaching issues. The general conference on publicity, to be held Tuesday morning, is intended to bring out everybody's ideas as to how the cause and the workers of home economics can be more adequately presented to the public and the work

of the future publicity committee will be shaped largely by what is said and done there.

Personal pleasure and professional spirit both beckon to New Orleans. Come if you possibly can.

Legislative Work Ahead. The opening of Congress in December will be turning our thoughts to the legislative tasks of the coming year. These are clearly outlined for us in the resolutions adopted and the report accepted from the legislative committee at the annual meeting of the association last August. We there urged upon our members to take an active part in the legislative work and in elections; we endorsed the Child Labor Amendment, the bill providing uniform marriage and divorce laws throughout the United States, and the House bill for the reclassification of civil service positions; we agreed to work actively for the home economics amendment to the Smith-Hughes Act, and for the Smoot Bill to provide funds for research in home economics; and we pledged our support to the new Bureau of Home Economics of the Department of Agriculture.

In general our legislative work is done in three ways: in Washington by the legislative committee and the executive secretary, in the states by the state associations, and finally by individual members wherever they may be. To be successful these three must dovetail closely and no one of them can safely be allowed to weaken.

In Washington much of the work is done in coöperation with the Women's Joint Congressional Committee on which we are represented by Miss Bane, or in her absence, Miss Baylor. In cases like the home economics amendment to the Smith-Hughes Act, our organization, as the one most vitally concerned, takes the lead and our representative serves as chairman of the sub-committee on the measure. This means finding out how, when, and by whom it should best be introduced and backed, and urging its importance on Congressional committees, influential members, and possible backers in the House and Senate. In work such as that of trying to obtain more funds for the Bureau of Home Economics, the Women's Joint Congressional Committee would not coöperate with us so closely because it does not deal with regular appropriation measures. Our task, however, would still consist of using such influence as we can bring to bear on those responsible for the measure. Another task of our Washington workers, including not only Miss Bane but also Miss Sweeny and the other members of the

legislative committee, is to keep the members of the association constantly informed of the progress of events.

The work of a state association, acting usually through its legislative committee, is to be the connecting link between the Washington workers and the state, and also to organize the work within the state so that there shall be no neglected opportunities. Perhaps its first task is to make sure that all members know exactly what measures are to be pushed and what are the best "talking points" for each. Almost equally important is finding out who of the state representatives and senators are for and who against each measure, seeing that each one of them knows how the state association feels and what it expects them to do, and also making them realize that it will watch what they do. Another task is to urge members who have some specially good chance to approach influential Congressmen to use their influence.

And, finally, the individual member. Her first task is to get a clear understanding of what measures are to be pushed and why, and also exactly how each should be designated. This knowledge she can then pass on to her friends and neighbors and so strengthen general public opinion in favor of the work. If possible the help of the local papers should be enlisted, not merely by asking that articles be published about the measure, but by convincing the editor of its local or national significance. She can also help by appealing directly to members of Congress. No one who has not had experience in such things realizes the effect on a Congressman of a personal letter, or, better still, a personal interview. In addition let every member who comes to Washington make a point of calling on her senators and representative and telling them how urgently the people at home wish the passage of this amendment or that appropriation. If she has no chance to appeal to them herself, let her talk to the friends who can and persuade them to say a word in season.

In the long run what wins or loses most legislation such as we are concerned with is not the favor of a picked few, but the pressure of general opinion from 'back home.' If you don't like what goes on in Washington or the state capitol, or if you want to see certain things happen there, be sure to say so, early and often, at the town pump.

The Fess Home Economics Amendment. The measure on which our help is most immediately needed seems to be the home economics amendment to the Smith-Hughes Act. This is the act passed in 1917 to provide federal funds for vocational education and now administered

by the Federal Board of Vocational Education. The general purpose of the amendment is gradually to increase the funds devoted ot home economics until they are equal to those now available for education in agriculture and in trade and industry. It was first offered in 1921, and as it was introduced into the House by Mr. Fess of Ohio, chairman of the House committee on education, has commonly been known as the Fess amendment. That committee seemed favorable to it and its chances appeared good until the general policy of economy followed by Congress last year made its sponsors feel that it could not wisely be pushed at that time. We hope that it can be introduced early in the present session. The congressional personnel interested in it has changed somewhat, especially as Mr. Fess has been promoted to the Senate. The organizations backing the amendment are already at work trying to secure for it the best possible sponsors and advocates. Meanwhile we can all take a hand in making the general public aware of this home economics amendment, what it is intended to do, and why we want it passed.

Bureau of Home Economics. When this issue of the JOURNAL leaves the press Congress will not yet have met and the make-up of the agricultural committee—or indeed of any committee—will not have been announced. Nevertheless, it is not too early to be thinking about the next appropriation for the Bureau of Home Economics.

If we needed proof of how much help home economists can get from enlarged work in this Bureau we would find it in the statement of plans for the immediate future which Dr. Stanley has made for us in the first article of this number.

We are delighted that a beginning is to be made in the ways there outlined, but we realize that with the funds now available it can be only a beginning. Economic studies, to be statistically valuable, imply field workers, computers, and tabulators. Expensive equipment and highly-trained workers are required for research in physiology, in textiles, in the efficiency of household appliances and equipment. Moreover, the ultimate program for the Bureau includes research in heredity, environment, and care of children, in the physical and psychological laws of line, form and color as these apply to the beauty of household possessions and surroundings, and a development of the present work in food values and preparation.

In the agricultural appropriation for 1924–25 a very modest increase is asked for the Bureau of Home Economics, enough to bring it to a

total of $118,000. Let us make sure that at least this much is granted without question. And before the estimates for 1925–26 are submitted to Congress, let us make the public understand the practical value of accurate knowledge in the affairs of the home so that an adequate appropriation for the Bureau of Home Economics will seem a national economy.

Ellen H. Richards Day. Ellen Henrietta Swallow, better known as Ellen H. Richards, was born in New Ispwich, New Hampshire, on December 3, 1842. In recognition of her leadership in the development of what we know as home economics, her birthday is celebrated in many schools, colleges, and clubs, sometimes under the designation of Ellen H. Richards Day, sometimes Home Economics Day.

The American Home Economics Association is fortunate in having the Ellen H. Richards Memorial Fund to keep her name in constant, fruitful remembrance, and it is a satisfaction to realize that the income from this fund will soon be used once more for scholarships in home economics.

It is also gratifying to record that during this last year her alma mater, Vassar College, has taken steps toward the formation of a division of euthenics, an idea whose origin may undoubtedly be traced to her, as may also the term euthenics, which she suggested for the science of environment controlled for right living. This is the first action taken by one of our endowed colleges for women, or indeed by any college, to bring together into one division of instruction all such knowledge from the various social, economic, and natural sciences as contributes specifically to the improvement of the condition of living. It is an undertaking which all friends of education will watch with deep interest.

Among the children Ellen H. Richards Day is often celebrated by a home economics entertainment of some kind, and the JOURNAL is frequently asked for suggestions. On page 726 is printed a list of such books and plays as it happens to know of. If any readers can suggest additions to this list, will they not send them to the Washington office?

Ten Thousand by New Years. This is the goal set for the JOURNAL'S subscription list. In a leaflet sent to friends of home economics the business manager answers the question, "Why ten thousand?" by saying, "Because there are ten thousand home economists who need the JOURNAL OF HOME ECONOMICS, and because the JOURNAL

needs ten thousand subscribers in order to carry out its program of service." We are doing our best to make each issue prove the truth of the first statement, and each issue makes us realize more forcibly the truth of the second.

Thanks to the hearty backing of the association and to the faithful devotion of Mrs. Abel, Mrs. Norton, Mrs. Bryan, Miss Baldwin, and the members of the editorial board, the JOURNAL has in fifteen years won a standing of which we may well be proud. Though it has never paid a cent for any article, writers successful enough to choose where they will place their papers offer them here or even prepare special ones at request. The difficulty is not to find the material to fill the pages, but to print pages enough to carry the material available.

Another difficulty is to meet the legitimate demands of our various groups of readers in the few pages available. The association includes five sections and three group committees. All of these are justly clamoring for more space in the JOURNAL. Because teachers are the most numerous group, it seemed fair to bring out an extra-large issue in November, when the magazine was devoted chiefly to their problem of what home economics can do to further the aims represented by American Education Week. This extravagance in their behalf will mean close economy for the next few months, and leaving unprinted much that our readers would like to see.

More pages imply more income, and more income implies more subscriptions, both for the direct returns to the treasury and for the indirect assistance to the advertising manager. The association has no desire to run its official organ primarily to make money, but it has the very laudable ambition to publish a magazine which can pay its bills and keep pace with its opportunities.

Ten thousand by New Year's is not a hopelessly large order; the number at Chicago was about 7,500, and it has been growing slowly but steadily since then. Let us remember what the rapidly-growing professional spirit means to home economics and that a subscription to the JOURNAL is a direct means of fostering it. No member of the profession should begin 1924 without her professional journal,—not even if you have to give it to her as a Christmas present. Not such a bad idea, that! Just send her address with your check to the Baltimore office.

OPEN FORUM

Benzoic Acids in Food. The comparative infrequency of the use of benzoic acid as a preservative of perishable food is remarkable in view of the fact that it is one of the few chemicals whose use is permitted by federal and state laws. The younger generation appreciates very little the years of effort which have created a public opinion so opposed to the use of anything which smacks of the chemical preservative, that manufacturers voluntarily refuse to use it. There is in these days nothing more insidious for the unscrupulous manufacturer than the statement which is often seen on the label of certain manufactured goods,—"This product contains no sodium benzoate or other harmful preservative." Probably the laity conceives of benzoic acid even today as a distinct poison in spite of such careful studies of its physiological action as were made several years ago (1).

The mechanism which the body possesses for caring for benzoic acid has been understood for years; whether the source of the acid is a preserving agent or the natural benzoic acid content of foods—and many foods do contain it, notably cranberries, prunes, and certain varieties of plums—rather large amounts can be detoxified easily and completely. In many animals, including the rabbit, goat, and pig, and in man ingested benzoates combine with the amino acid glycine, a hydrolytic product of nearly all proteins, to form hippuric acid in which form it is excreted in the urine. Griffith and Lewis (2) have recently added further evidence that glycine is the important neutralizing factor. They showed with rabbits that the rate at which the animal body rids itself of benzoic acid depends upon the availability of glycine alone and not upon other amino acids. In fact, thirty per cent more of the sodium benzoate was excreted in a given length of time when the glycine was fed along with it than when a glycine-free diet accompanied the benzoate.

Defense of the harmlessness of benzoic acid is less difficult than that of many other preservatives, but even so, there is considerably more satisfaction in the thought that the tendency in food manufacture is away from conditions which make the use of such chemicals a necessity and toward stricter sanitary control of premises and handlers and a higher standard in the choice of materials.

REFERENCES

(1) Folin, Otto. Preservatives and Other Chemicals in Foods. Harvard University Press, 1914.

(2) Griffith, W. H., and Lewis, H. B. Studies in the Synthesis of Hippuric Acid in the Animal Organism. Jour. Chem., 57 (August, 1923), 1.

SYBIL WOODRUFF,
University of Kansas.

Food Chemistry Courses. In March, 1923, one of the authors (W. A. D.), then a graduate student at the University of Chicago, sent a questionnaire on the status of food chemistry courses to 100 higher educational institutions. The list was more or less arbitrarily made up, with emphasis on larger institutions and those most likely to offer courses in the subject. Thirty-three well-filled replies were received from nineteen universitites and fourteen colleges and normal schools, and also twelve others meagerly filled. While this number is of course very small, it is believed that the replies are typical of the procedure at the larger institutions and at the smaller ones offering home economics and food chemistry. A brief summary of the results may, therefore, be of interest to home economics and chemistry teachers and especially to those, who, like a number of those replying, are planning to start courses in the near future.

The food chemistry course, according to the replies received, is planned chiefly for home economics students but commonly given in the chemistry rather than the home economics department. In only five of the institutions responding (the Universities of California, Chicago, Indiana. Kentucky, and Missouri) is it listed in home economics. Sometimes the course is part of that in physiological chemistry, sometimes it is combined with organic chemistry, and sometimes with textile and general household chemistry.

The prerequisite is general chemistry, or both general and organic chemistry, and, occasionally qualitative and quantitative analysis in addition. Of course the writers are aware that there are the country over many courses in "household chemistry" which have much slighter prerequisites than this, and which overlap food chemistry courses in content and purpose. However, either most of the institutions replying do not give such work or they described only their more thorough courses.

The course lasts for one term or one semester, in a few cases extending into a second semester with more emphasis on quantitative food analysis.

The replies concerning text books show plainly that the book desired has not yet been written. A third of the schools use none at all, four

use Mathew's Physiological Chemistry, and one or more Bailey, Chamberlain, Hawk, Nichols, Phillips, Sherman, Vulté, Winton, or Woodman. The reference books and pamphlets reported are too numerous to list.

The questionnaire attempted to find something of the content of the courses by listing a number of standard experiments and asking that those given be checked, and additional ones written in. The selection shown seems to be rather conventional, largely qualitative with emphasis on test tube experiments. The influence of such books as the first part of Hawk's Manual is very plain. More simple carbohydrate tests seem to be performed than fat and protein tests, possibly because the instructor, brought up in organic chemistry, is more familiar with them. In every case where the course is given in the home economics department, it includes such work as the separation of the proteins of milk or meat or flour, and these experiments are listed only occasionally by chemistry departments giving the course. Quantitative work is included chiefly in the larger institutions which call this course food analysis, though a small amount of quantitative work is frequently undertaken, chiefly Kjeldahl nitrogen determinations, iodine number, and determination of fat.

The laboratory equipment in many cases is surprisingly elaborate, including polariscope, colorimeter, thermostat, centrifuge, and even occasionally electrometric titration apparatus. Other institutions apparently have little or nothing. One state teachers college offering an eighteen weeks course has neither Kjeldahl flasks, burettes, nor balances.

Criticism of the courses may well take two quite different lines. Some of them seem very "dilute," are apparently so planned that scientific viewpoint is sacrificed to the supposed intellectual calibre of the students and to their meager chemical background. In addition, some of these dilute courses and also some of those which include much thorough and even quantitative work, are too conventional in their make-up and seem not to meet the needs or interests of the students. The selection of material could often be made more significant and the teaching more vital, more closely related to the problems both of the experimental cooking and the nutrition work of the home economics department.

WILLIAM A. DOW,
KATHARINE BLUNT,
University of Chicago.

Home Economics in Tasmania. In trying to picture the present state of home economics in Tasmania it may be worth while to recall

that the island has an area of 26,215 square miles, or about that of New Hampshire, Vermont, and Massachusetts combined, and that its population is 213,000 or about 8 to the square mile, a density slightly less than that in Colorado.

The teaching of home economics in Tasmania is in its infancy, but there is every prospect of its extension when our people recognize the benefits to be derived from it.

The University of Tasmania has so far recognized the subject as to include it in the curriculum for the intermediate examination, and the education department makes it compulsory for every girl who takes that examination.

The work is chiefly directed to the high schools where cookery, hygiene and needlework are taught, together with housewifery, the latter subject does not receive its proper attention as we have very little laboratory equipment at present.

The cookery course includes menu planning and the preparation and serving of meals to students from the high school, the feeding of invalids and young children, and the preserving and bottling of fruit.

Hygiene is given as lectures and applied to the classrooms and the students.

Needlework includes drafting patterns and cutting out and making useful garments, such as underclothing and simple frocks.

In the primary schools cooking only is taught. These schools are well equipped and fitted to accommodate classes of sixteen pupils.

On the west coast of Tasmania the School of Mines has a well equipped centre for teaching home economics, but even here a residence is needed.

A new building is to be erected in Hobart (the capital city) in the near future which will include accommodation for laboratory work in cookery, laundry, needlework in all its branches, and housewifery—but it is held up at present owing to lack of funds.

The need for home economics training can be seen on all sides, especially in the case of young girls leaving office to take up the duties of a home with no training in homemaking and unfitted either to do the work themselves or to direct a maid, should their means permit of their keeping one.

Many openings in institutional management, for example, as dietitians and matrons in large schools, are offered to trained workers; but the local supply is very meager.

FRANCES STEVENSON,
Superintendent of Domestic Science for Tasmania.

Home Economics Trivia. One of the advantages of being a home economist is that your general literary browsing is forever providing food for your professional thought. The poets and philosophers are usually quite nnconscious of thus enriching us; if told of it they might perhaps feel somewhat as did Molière's newly-made gentleman when he learned he had been speaking prose all his life. JOURNAL readers who have already joined the distinguished company of Logan Pearsall Smith's admirers will be glad to see him quoted to point this moral; those who do not will find the tale adorned by the following excerpts from his "More Trivia," published in 1921 by Harcourt, Brace and Company.

THE FETISH

Enshrined in a box of white pasteboard upstairs I keep a black, ceremonial object; 'tis my link with Christendom and the world of grave custom; only on sacred occasions does it make its appearance, only at some great tribal dance of my race. To pageants of Woe I convey it, or of the hugest Felicity: at great Hallelujahs of Wedlock, or at last Valedictions, I hold it bare-headed as I bow before altars and tombs.

DINING OUT

When I think of Etiquette and Funerals; when I consider the euphemisms and rites and conventions and various costumes with which we invest the acts of our animal existence; when I bear in mind how elegantly we eat our victuals, and remember the series of ablutions and preparations and salutations and exclamations and manipulations I went through when I dined out last evening, I reflect what creatures we are of ceremony; how elaborate, how pompous and polite a simian species.

MRS. BACKE

Mrs. Backe would be down in a few minutes, so I waited in the drawing room of this new acquaintance who had so kindly invited me to call.

It is indiscreet, but I cannot help it; if I am left alone in a room, I cannot help peering about at the pictures and ornaments and books. Interiors, the habitations people make for their souls, are so fascinating, and tell so much; they interest me like sea-shells, or the nest of birds.

'A lover of Switzerland,' I inferred, 'has travelled in the East—the complete works of Canon Farrar—that big bust with whiskers is

Mendelssohn, no doubt. Good heavens! a stuffed cat! And that Moorish plaque is rather awful. Still, some of the nicest people have no taste—!

Then I saw the clock. One look at that pink china clock, with the face of a monkey, was enough. Softly from that drawing-room, softly I stole downstairs, and closed the front door of that house softly behind me.

THE LIFT

What on earth had I come up for? I stood out of breath in my bed room, having completely forgotten the errand which had carried me upstairs, leaping two steps at a time.

Gloves! Of course it was my gloves which I had left there. But what did gloves matter, I asked myself, in a world, as Dr. Johnson describes it, bursting with misery?

O stars and garters! how bored I am by this trite, moralising way of regarding natural phenomena—this crying of vanity on the beautiful manifestations of mechanical forces. This desire of mine to appear out of doors in appropriate apparel, if it can thus defy and overcome the law of gravitation, if it can lift twelve stone of matter thirty or forty feet above the earth's surface; if it can do this every day, and several times a day, and never get out of order, is it not as remarkable and convenient in the house as a hydraulic lift?

Corrections to Proceedings. In the list of the executive committee as printed in the October JOURNAL, page 611, the name of Frances Zuill should be substituted for that of Mrs. Bryan and the words councilors at large should be omitted. The councilors at large are Miss Sweeny and Mrs. Bryan, but these officers are not ex-officio members of the executive committee.

By an unexplained and unfortunate accident the report presented at Chicago by the Mississippi Home Economics Association was not sent to the JOURNAL with the rest. It is printed on page 734.

BOOKS AND LITERATURE

Creative Selling: Making and Keeping Customers. By CHARLES H. MACKINTOSH. New York: D. Appleton and Company, 1923, pp. 183. $1.50.

Modern Methods in Selling. By L. J. HOENIG. Indianapolis: The Bobbs-Merrill Company, 1922, pp. 299. $2.50.

Chain Stores: Their Management and Operation. By WALTER S. HAYWARD AND PERCIVAL WHITE. New York: McGraw-Hill Book Company, 1922, pp. 411. $3.50.

Whatever else may be the economic function of the homemaker today, she cannot escape being the purchaser of an increasing number of commodities. Manufacturers and retailers of foods, clothing, and many other goods, are keenly aware that she is the most important member of the consumer group, and they have directed toward her a multitude of ingenious selling methods, both blatant and subtle. The homemaker on her part realizes that she has no technique of buying comparable to that of selling and has repeatedly appealed to home economists for facts to guide her choice. With a view to learning principles and policies of present-day selling, which might suggest corollaries for buying, this group of books is reviewed.

"Creative Selling" and "Modern Methods in Selling" are of the same type. With a few wisps of psychology to conjure with, the authors have attempted to set forth the steps in plowing, harrowing, and planting the mind of the "prospect" so that he will blossom into that most desirable of all crops—a "sale." To this end, Mr. Hoenig, for instance, discusses at considerable length the instincts of the "prospect" to which appeal may be made, and so erudite are his terms that we can not resist quoting them: Alimentiveness, bibativeness, amativeness, inhabitiveness, and vitativeness. The next time we call for a certain brand of ham and then demand a particular ginger ale to wash it down, we shall remember that our alimentive and bibative instincts were not tempted in vain by the colors of the magazine advertisements. Seriously, it is just as well for the homemaker, as well as the salesman, to realize that much of the present advertising is directed at her primitive instincts, which may or may not guide her to select the goods necessary for the comfort and well-being of her family. Out of their experience in selling and advertising, Mr. Mackintosh and Mr. Hoenig give many practicable suggestions to salesmen, but even this commonsense matter is interlarded with such statements as "memory is power;" "talent is something, tact is everything;" "thinking is chemistry"—which remind us of nothing so much as Mr. Spokesly's correspondence course from the London School of Mnemonics described in deliciously humorous fashion by William McFee in "Command."

"Chain Stores," prepared by two research engineers, is of a very different type. The thoroughness and clarity with which the subject is presented makes this not only a valuable handbook for those concerned with the management of these enterprises, but also a veritable mine of reference material on this form of retail merchandising. For instance, homemakers and students of economic problems alike will find here the reasons why the chain store can undersell the independent and yet succeed where the latter fails, the true inwardness of the one-cent sales, and many other talked-of questions. Included with the discussion of theory and practice are interesting historical facts on the amazing growth of these chains, of which the Atlantic and Pacific Tea Company is the oldest, and reports of such colossal sales as 54,000,000 handkerchiefs by the Woolworth stores during 1918, the year of the influenza epidemic. It is

from such books as this treatise on chain stores that home economists can gather material on the economics of consumption.

RUTH VAN DEMAN.

Tobacco and Mental Efficiency. By M. V. O'SHEA. New York: Macmillan Company, 1923, pp. 258. $2.50.

In 1918 a group of fifty-nine well-known men privately organized themselves into the Committee to Study the Tobacco Problem, their purpose being to collect and publish scientific data regarding tobacco and its uses. The present volume is the first issued in their name and in their prefatory note they briefly describe their organization and emphasize the policy in accordance with which the publication of a volume by the committee does not imply that as a whole it agrees with the findings presented, but merely indicates its belief that the work has been impartially done by competent investigators. Those who know Professor O'Shea's work both as professor of education at the University of Wisconsin and as writer on social and educational subjects will share the committee's gratification that he has been willing to give the great amount of time and labor necessary for the study thus published. It includes data derived from observation, introspection, and biography, from school and college records, and from original research in the psychological laboratory, and a bibliography. The material is limited strictly to the effects of tobacco on intellectual processes; it indicates general agreement as to the deleterious effect with immature persons, but great variation in the evidence as to the effect with mature persons, regardless of the nature of the data on which the evidence is based. In short, this is an unbiased contribution to a subject more commonly discussed with personal conviction than with scientific accuracy.

A Sewing Scale. Devised by KATHARINE MURDOCH, PH.D. New York: Bureau of Publications, Teachers College, Columbia University, 1923, 16 sheets. $1.50.

The Murdoch Sewing Scale. Manual. of Directions. BY KATHARINE MURDOCH Teachers College Bulletin, 14th series, No. 3. New York: Teachers College, Columbia Universitv. October 7. 1922.

Murdoch Analytic Sewing Scale for Measuring Separate Stitches. Devised by KATHARINE MURDOCH. New York: Bureau of Publications, Teachers College Columbia University, 1923. $.25.

Objective measurement of ability in hand sewing takes a step forward in the publication of these two scales by Dr. Murdoch, director of educational research in the Punahou School in Hawaii. Both are based on statistical analysis of samplers made by children of different ages and in different grades.

The first of the two scales, which is intended for use in measuring general ability in sewing by hand, consists of half-tone reproductions of fifteen samplers, each showing a different degree of proficiency in making a hem and a seam, and in basting, running, backstitch, overcasting, and combination stitch. Three views of the sampler are given on each sheet, one full-sized view of the right side, one of the reverse side of the seam, and one of the reverse side of the hem. Scale values run from 0 to 16.4 according to the ability shown by each sampler. To judge a pupil's ability, a sampler is made as directed in the bulletin; this is then compared with the reproductions and scored according to the one which it approximates most nearly. Classes or grades may be scored by finding the median or average for the group. The practical value of the scale is greatly increased by tables in the bulletin giving grade and age medians for quality and rate of sewing as worked out by Clara M. Brown of the University of Minnesota, and also by references to the literature of the subject.

The analytic sewing scale, intended to supplement the one just described, consists of one large double sheet of half-tones and is accompanied by a small single sheet of directions. Because of its form it is more convenient for use by pupils than the larger 15-sheet scale. The pictures represent five degrees of ability in running, combination, backstitch, over-casting and hemming, with ratings from 6 to 16 for each type of stitch. In general the scale values correspond with those on the general sewing scale, but those have been chosen that are easiest for the pupils to understand. Experience

of other workers with handwriting scales built on similar principles has shown that a child improves more rapidly when he himself owns a copy of the scale and scores his own proficiency than when this is done by the teacher. No scale value below 6 is given because the effect of presenting such poor work is likely to be bad; on the other hand, teachers of less proficient groups and ages are warned to avoid discouraging their pupils by setting an upper limit beyond which they should not be encouraged to go.

Five minutes spent in looking at scales of this type do more to convince the layman of the possibilities of modern educational measurements than do pages of theoretical discussion. Anyone can understand how much better a teacher can check up on the work of her class and a supervisor on the work of her teachers when the progress of the pupils is measured by such definite, objective standards than by personal impressions. Many of us remember how painfully little girls used to struggle to make their grimy, knotty samplers look as neat and regular as the best the teacher could turn out, and we can imagine how much jollier a lesson in hand sewing must be when it means doing a few inches of sewing and seeing for oneself exactly how this compares with the pictures of what most little girls of one's age can do, and with what one ought to be able to do next time.

100-Calorie Portions of a Few Familiar Foods. [1923] Chart, 28 x 18 inches. Bureau of Home Economics, U. S. Department of Agriculture.

One of the difficulties in using the 100-calorie portion as the unit in popular discussions of food values has been that people could not visualize the quantity thus measured. One and a half ounces of prunes and three-quarters of an ounce of bacon do not convey a much more definite idea to the ordinary person than do so-and-so many calories per pound. What has been needed is some device by means of which the eye can register the quantity represented. Three-dimensional models of wax and other materials have been tried, but they are usually expensive, easily injured, and too bulky to carry about. Miss Caroline L. Hunt of the Office of Home Economics some years ago worked out a series of cardboard models, all made to the same scale and shaped and colored like the original materials, but reproduction proved too expensive, and though the idea has been taken up by Miss Lydia Roberts and the Elizabeth McCormick Memorial Fund, such models have not come into general use. Books and popular articles frequently contain pictures of 100-calorie portions, but as these usually give no idea of the scale on which they are reproduced, they are not really satisfactory.

The chart prepared by Miss Hunt in the Office of Home Economics and just issued by the U. S. Department of Agriculture marks an advance in pictorial representation of 100-calorie portions because the twenty materials included are all reproduced on the same scale, and because the quantity of each is clearly stated in terms both of ordinary household measurements and of amounts commonly purchased. For example, the legend under the picture of boiled rice reads "Three-quarters cup; 4 ounces; 16 such portions to the pound, raw." The reproductions were made from pen-and-ink drawings of actual photographs and thus combine clearness with accuracy. They are in black and white against a pale yellow background, which with the simple hand lettering, gives an excellent effect.

It is to be regretted that more materials could not be shown. We miss the virtuous spinach, the ubiquitous banana, and many other favorites of the nutritionist. Still, we are thankful for this beginning, and we hope that the chart will prove so popular that the Department will see its way to putting out others and for wider circulation. The present edition for free distribution is very small; copies may be purchased from the Government Printing Office for 10 cents each.

Household Mechanics Job Sheets. By EARL L. BEDELL. Edited by K. G. SMITH. Peoria Illinois: The Manual Arts Press, 1923, 32 sheets. $0.55.

These lesson sheets represent a teaching device which has been successfully used in

the Detroit public schools. The jobs described include household repairs such as soldering kitchen utensils, finishing new woodwork, revarnishing furniture, tightening joints, cleaning drain traps, wiring the button of an electric bell, and making and repairing extension cords for electric appliances. Each sheet gives a brief description of a specific job, questions about it which the pupil is to answer, references to literature, list of the tools and materials needed, questions by which the pupil may appraise his work, together with space for the signature and grading to be given by two other pupils before the work is submitted to the instructor, and for the instructor's signature and grading. The order in which the jobs shall be done is immaterial, and the grouping of students for the shop work which must be done in groups is thereby facilitated. While the sheets are not intended as a substitute for instruction, they increase the amount of self-teaching which the pupil can do, and thus lessen the supervision required.

Opportunities and Requirements in Local Occupations, Parts 1–2–3. Board of Education, City of Detroit. Detroit, 1923.

This study of local industries made under the direction of Mr. A. H. Edgerton, will be suggestive to all concerned with vocational diagnosis and will set a standard for similar studies elsewhere. It is a first-hand study of the leading occupations of Detroit, in regard to: 1. nature of work; 2. main advantages and disadvantages; 3. qualifications and training needed; 4. possible requirements of occupations; 5. remuneration; 6. hours of work; 7. seasonal demands; 8. organization of workers; 9. entrance age; 10. time required to learn duties; 11. adequacy of labor supply; 12. variation in the demand for labor; 13. source of supply; 14. common deficiencies of workers. The facts were collected by investigators who visited the industries and gathered data in fifteen or more places of employment. The data were checked up by reference to authorities in these local fields. The report is now being used in the system of vocational guidance throughout the Detroit schools and enlists one or more teachers in each teaching center. The data are published in a form very convenient for reference. Several occupations are included which relate to home economics; for example, laundry work, baking and food industries, sewing, and nursing.

B. R. A.

Social Work: An Outline of its Professional Aspects. Published by the American Association of Social Workers, 130 East Twenty-second St., New York City, pp. 31. Paper, 25 cents.

By describing briefly, yet comprehensively, the various lines of activity open to the social worker and telling the sort of training necessary for work along each of these lines, this pamphlet fills a very decided need in its particular field.

The different kinds of social case work which have developed in the profession, including work with families, with children in and out of the schools, with delinquents, and with the physically and mentally incompetent, are adequately reviewed. Paragraphs are devoted to the comparatively new branches of occupational therapy and psychiatric social work. There is a chapter dealing with social group work, such as settlement club work, independent club work, and work in the Christian associations. The section devoted to community organization is especially informative, embracing as it does rural organization, health organization and education, economic organization and development, housing, leisure time activities, and neighborhood organization.

The book also contains information regarding institutional work, psychological work, personnel work in industry, work with racial groups, public health nursing and nutrition work, besides that very important branch of social work known as social research.

NOTES AND CLIPPINGS

Chicago Registration List. Some extra copies of the registration list of the American Home Economics Association meeting last summer have been reprinted because of the heavy demand for them, and may be obtained for fifteen cents each from Miss Katharine Blunt, University of Chicago.

Fuel Manual for the Home. In continuation of the Smithsonian Institution's educational program of conservation in coöperation with the Commonwealth of Pennsylvania, Mr. S. S. Wyer, associate in mineral technology, U. S. National Museum, has just issued in a limited edition for the use of educators in Pennsylvania, a small manual entitled "Correct Use of Anthracite, Bituminous Coal, Coke, Manufactured Gas, Natural, Gas, and Oil in the Home." This timely topic is treated in a strictly practical manner wth two aims in view, one, to conserve the nation's fuel resources, and the other, to assist the individual in reducing his fuel costs.

The point is emphasized that were it not for the marked prejudice against them, coke and the small sizes of anthracite properly used could to a great extent replace the high-priced domestic sizes of anthracite. The manual also gives with rules for the most economical use of gas and fuel oil in the home.

Since the manual was prepared and printed for a definite purpose, the edition is very limited; but the author, feeling that the information contained in it might supply a general need in view of the excessive costs of fuel and the difficulty in securing certain sizes of anthracite, has had the electrotype plates preserved, and the pamphlet will be reprinted in any number of copies at cost for any organization or group of individuals desiring it.

Mrs. Frederick's Household Engineering. In connection with the review of this volume in the September JOURNAL, it should have been stated that the book is published in two editions; the regular edition, which is priced at $2.50, and the textbook edition, priced at $2.00 and sold only to schools or occasionally to a teacher.

Food, Teeth and Health. This is the title of an attractive little folder published by the Child Federation of Philadelphia. It is written by Anna de Planter and has been carefully revised and approved by well-known physicians, dentists and nutritionists. Its popular but careful statements of the importance of sound teeth, the effect of diet on their development, and common-sense methods for their preservation make it valuable ammunition in the campaign for better health. Copies may be purchased at the cost price, 2 cents a copy or $2.00 a hundred, postpaid from The Child Federation, 1506 Locust Street, Philadelphia, Pa.

Woman's Foundation for Health. The latest news bulletin issued reports that the committee on coöperation with the National Congress of Mothers and Parent-Teacher Association is to emphasize the following points in its health program: Feet and posture, nutrition, mental health. The work will be carried on by articles in *Child Welfare Magazine*, by state and local papers and speakers, and by distribution of educational material.

Leaflet 3 sent out from the Foundation's headquarters at 43 East 22nd Street, New York, suggests still other topics for health education programs.

Cost of Education. Three recent publications of the National Education Association, 1201 16th Street, Washington, D. C., are interesting contributions to the moot question of whether we are getting our money's worth out of our present educational system: Facts on the Cost of Public Education and What They Mean. Research Bulletin No. 1, 1922; Facts Pertaining to the Cost of Education. Research Bulletin, Vol. 1, No. 2, March, 1923; Reply to President Nicholas M. Butler's Criticism of the Proposed Federal Department of Education.

BOOKS RECEIVED

A Book of Unusual Soups. By MARY D. CHAMBERS. Boston: Little, Brown & Co., 1923, pp. 162. $1.50.

By the associate editor of *American Cookery Magazine*; gives definite directions for general processes but encourages the individual cook to exercise her own ingenuity in combining materials and flavors.

The Boston Cooking-School Cook Book. By FANNIE MERRITT FARMER. Boston: Little, Brown & Co., 1923, pp. 806. $2.50.

A widely-used cook book, first published twenty-seven years ago; revised and enlarged by Cora D. Perkins since the death of the author to include the recipes originally published by Miss Farmer in "A New Book of Cookery" (1912); contains, in addition to 2677 recipes, 122 illustrations, brief tables of food values and dietary requirements, and forms for estimating the food value of cooked dishes, meals, and rations.

Kiddy Kookery. Compiled by MRS. HAROLD KAHN with the aid of MARTHA KOEHNE and H. L. MOON, M.D. Seattle: 1923, pp. 96. $1.00.

Privately printed for the Alpha Gamma Delta Sorority of the University of Seattle; an attempt to combine the theory of correct food selection for children from six months to six years of age with practical suggestions in the form of menus and recipes; purchasable from the author at 2342 North Broadway, Seattle, Wash.

Economics of the Family. By C. W. TABER and RUTH A. WARDALL. Philadelphia: J. B. Lippincott Company, 1923, pp. 224. $1.40.

One of a series of Lippincott's Unit Texts; approaches its subject from high school student's point of view; deals with household and personal accounting and budget making; suggests problems, projects, and questions.

Healthy Mothers. By S. JOSEPHINE BAKER, M.D., D.P.H. Boston: Little, Brown & Co., 1923, pp. 187. $1.25.

Healthy Babies. By S. JOSEPHINE BAKER, M.D., D.P.H. Boston: Little Brown & Co., 1923, pp. 221. $1.25.

Healthy Children. By S. JOSEPHINE BAKER, M.D., D.P.H. Boston: Little, Brown & Co., 1923, pp. 230. $1.25.

Companion volumes, simply and sensibly written by a woman nationally known for her sucessful work in child hygiene and public health; full of practical suggestions as to diet, clothing, and general hygiene; contain glossaries of common medical terms, lists of simple remedies, sample blanks for growth records, and other helpful information arranged for easy reference; unusually successful in maintaining balance between accuracy and clearness of statement.

The Infant and Young Child. By JOHN LOVETT MORSE, M.D., EDWIN T. WYMAN, M.D., and LEWIS WEBB HILL, M.D. Philadelphia: W.B. Saunders Company, 1923, pp. 271. $1.75.

By members of the faculty at Harvard Medical School; gives practical answers to the questions which mothers are in the habit of asking about the care and feeding of their children from birth to school age; advises liberal variety in diet; confines itself principally to normal conditions and minor ailments, with only enough on specific diseases to enable a mother to protect a child against them and to coöperate intelligently with the doctor in their treatment; style clear and direct but not popular.

Illinois Home Economics handbook. Compiled by the Home Economics Extension Service, University of Illinois. pp. 284. 4½ x 7½ inches. 1923. Separate sheets, $3.50; complete wth leather cover, $5.50.

A loose-leaf compilation of miscellaneous information for ready reference, classified and arranged under the headings: general, foods, clothing, home furnishings, home manage-

ment, health—recreation, office and publicity, directories—sources; well indexed; a useful addition to the home economist's working equipment.

House and Home. By GRETA GRAY, A.M. Philadelphia: Lippincott Co., 1923, pp. 356. $2.50.

A discussion by a graduate architect and home economist of the sanitary, economic, social and architectural problems of the home rather from the point of view of the householder than that of the housekeeper or the community; emphasizes the points to be considered in selecting a house; embodies newer ideas of construction, arrangement, equipment and costs, and recent developments in housing standards, housing projects, and city planning; discusses rural as well as urban conditions and has special reference to families of moderate income.

Social Work in Hospitals A Contribution to Progressive Medicine. By IDA M. CANNON, R.N. New York: Russell Sage Foundation, 1923, pp. 247. $1.50.

A revision of a standard book by the chief of the social service, Massachusetts General Hospital, Boston; changed and amplified to show the "present status and trend of the work in application to and its integration with medical institutions;" forms and facsimiles of records given in appendix.

Industrial Arts for Elementary Schools. By FREDERICK G. BONSER and LOIS COFFEY MOSSMAN. New York: The Macmillan Company, 1923, pp. 491. $2.40.

A noteworthy book whose senior author is a recognized authority on education; designed for teachers and students preparing to teach; discusses the principles of selection and organization of material and their application to these principles to the activities of foods, clothing, shelter, utensils, records, and tools.

Costume Silhouettes. By MARY EVANS. Philadelphia: J. B. Lippincott Co., 1923, pp. 51. $1.00.

A novel presentation of the development of design in women's costume based on the theory that a study of the silhouette shows the necessity for the right relation of each part of the whole costume and thus leads away from the tendency to place undue importance on individual details; gives nineteen full-length silhouettes of figures in costumes of different periods; also a classified bibliography and addresses from which illustrative material can be obtained.

Textile Fabrics. By ELIZABETH DYER. Massachusetts: Houghton, Mifflin Company, 1923, pp. 352. $1.75.

The purpose of this book is to help the teacher in training students either how to buy or how to sell fabrics. Manufacture, standards for selection, and care are discussed. The book contains descriptive list of staple fabrics.

Of What Use Are Common People? A Study in Democracy. By HEINRICH E. BUCHHOLZ. Baltimore: Watwick & York, Inc., 1923, pp. 251. $2.00, plus 10 cents postage.

A thoughtful inquiry into the effects of the growing class consciousness in the United States, with some suggestions as to what part the common people can play in a democracy; thought-provoking and constructive.

The Little Corner Never Conquered. By JOHN VAN SCHAICK, JR. New York: The Macmillan Co., 1922, pp. 281. $2.00.

A semi-official account of American Red Cross work in Belgium by a member of the commission for Belgium; an interesting and authoritative record likely to become valuable for reference.

PAMPHLETS RECEIVED

Issued by the U. S. Department of Agriculture:

Home Tanning of Leather and Small Fur Skins. By R. W. Frey, I. D. Clarke, and F. P. Veitch. Farmers' Bulletin No. 1334.

Milk and Its Uses in the Home. Farmers' Bulletin No. 1359.

Carpet Beetles and Their Control. By E. A. Back. Farmers' Bulletin No. 1346.

Clothes Moths and Their Control. By E. A. Back. Farmers' Bulletin No. 1353.

Wearing Qualities of Shoe Leathers. By F. P. Veitch, R. W. Frey and I. D. Clarke. Department Bulletin No. 1168.

Rural Planning—The Social Aspects. By Wane C. Nason. Department Bulletin No. 1325.

Status and Results of Home Demonstration Work. Northern and Western States, 1921. By Florence E. Ward. Department Circular 285.

The Chayote: Its Culture and Uses. By L. G. Hoover. Department Circular No. 286.

Issued by the U. S. Department of Commerce:

List of Publications of the Department of Commerce Available for Distribution. May 1, 1923.

Issued by the U. S. Department of the Interior, Bureau of Education:

Recent Advances in Instruction in Music. By Will Earhart and Charles N. Boyd. Bulletin 1923, No. 20.

Specimen Junior High School Programs of Study. Compiled by W. S. Deffenbaugh. Bulletin 1923, No. 21.

Educational Work of the Young Women's Christian Association. By Education and Research Division, National Board of Y. W. C. A. Bulletin, 1923, No. 26.

Hampton Normal and Agricultural Institute. Its Evolution and Contribution as a Federal Land Grant College. Prepared under direction of Walton C. John. Bulletin, 1923, No. 27.

Vocational Education. By William T. Bawden. Bulletin, 1923, No. 28.

Higher Education 1920–1922. By George F. Zook. Bulletin, 1923, No. 34.

List of Bulletins of the Bureau of Education, 1906–1922. Bulletin, 1923, No. 35.

Rural Education. By Katherine M. Cook. Bulletin, 1923, No. 36.

Progressive Tendencies in European Education. By C. W. Washburne. Bulletin, 1923, No. 37.

Development of Plans for the Preparation of Teachers. Report of Conference a Madison, Wis., Jan. 11–13, 1923. By William T. Bawden. Industrial Education Circular No. 17, April 1923.

Consolidation of Schools in Randolph County, Indiana. By O. H. Greist. Rural School Leaflet No. 12, 1923.

The Consolidated Schools of Weld County, Colorado By C. G. Sargent. Rural School. Leaflet No. 13, 1923.

The Rural Teacher Situation in the United States. By Mabel Carney. Rural School Leaflet No. 14, May 1923.

Educational Progress and the Parents. By Orville G. Brim. Rural School Leaflet No. 15, May 1923.

The Iowa Plan of Observation and Practice Teaching in the Training of Rural Teachers. By Anna D. Cordts. Rural School Leaflet No. 16, June 1923.

The Iowa Plan of Training Superintendents and Teachers for Consolidated Schools. By Macy Campbell. Rural School Leaflet No. 17, June 1923.

Issued by U. S. Department of Labor:

Juvenile-Court Standards. Report of Committee Appointed by Children's Bureau. Children's Bureau Bulletin No. 121.

The Welfare of Children in Bituminous Coal Mining Communities in West Virginia. By Nettie P. McGill. Children's Bureau Publication No. 117.

Labor Legislation of 1922. Bureau of Labor Statistics Bulletin No. 330.

Wholesale Prices, 1890 to 1922. Bureau of Labor Statistics Bulletin No. 335.

Trend of Child Labor in the United States, 1920 to 1923. (From Monthly Labor Review Sept. 1923.)

Suggestions for Securing and Holding Attendance of Foreign-Born Adults upon Public School English and Citizenship Classes. Bureau of Naturalization Bulletin.

Suggestions for Americanizaton Work among Foreign-Born Women. Bureau of Naturalization Bulletin.

The Share of Wage-Earning Women in Family Support. Women's Bureau Bulletin No. 30.

Issued by U. S. Treasury Department, Public Health Service:

Tuberculosis. Its Predisposing Causes. By F. C. Smith. Bureau Bulletin.

The Prevention of Simple Goiter. By O. P. Kimball, M. D. Bureau Bulletin.

Public Health Service Publications. A list of Publicatons Issued between October, 1922 and April, 1923. Reprint No. 838.

Issued by publishers listed:

Accident Prevention. Report of the 1923 Committee. American Gas Association, Inc., 342 Madison Ave., New York, City.

Report on an Experiment in Residence Gas Heating at Denver, Colorado. American Gas Association, Inc., 342 Madison Ave., New York City.

Standard Gas Range Specifications. Revised 1923. American Gas Association, Inc., 342 Madison Ave., New York City.

Correct Use of Anthracite, Bituminous Coal, Coke, Manufactured Gas, Natural Gas and Oil in the Home. By Samuel S. Wyer, Smithsonian Institution, Washington, D. C.

Course of Study in Domestic Art. Grades Five to Eight. By Alice L. Keech, William C. Ash and George Wheeler. Board of Education, Philadelphia Pennsylvania.

Decline in Infant Mortality in the United States Birth-Registration Area, 1915–1921. By Robert Morse Woodbury, M.D. Reprint from the Amer. Jour. of Pub. Health. May, 1923.

Provision for the Education of Gifted Children in the United States. By Guy M. Whipple, Ph.D. American Child Health Association.

The Rockefeller Foundation. A Review for 1922. By George E. Vincent. The Rockefeller Foundation, New York.

Table Service and Etiquette for the Home. By Carrie H. Plunkett. Bulletin No. 188, Dept. of Home Economics, College of Agriculture, University of Arkansas, Fayetteville.

Yearbook, 1923–1924. National League of Teachers' Associations, 45 Henry Street, San Francisco, Cal.

BOOKS AND PLAYS FOR HOME ECONOMICS ENTERTAINMENTS

Books

Home Life in Colonial Days. By Alice M. Earle. New York: Macmillan. $.50.

Social Life in Old New England. By Mary Caroline Crawford. Boston: Little, Brown & Co. $2.50.

The Goede Vrouw of Man-ha-ta at Home and in Society 1609–1760. By Mrs. Schuyler Van Rensselaer. New York: Chas. Scribner's Sons. $2.00.

Plays

Omelet and Oatmelia. By Ona Winants Howland. Chicago, Dramatic Publishing Co.

Five Playlets. (Three deal with food or health, suitable for elementary schools.) By Hester B. Jenkins. Brooklyn: P. J. Collison & Co.

Prince Calorie and Princess Pieta. (A play suitable for home economics day.) Baltimore: American Home Economics Asso., pp. 15, $.25; five copies in one order $1.00.

America's Gifts to the Old World. A pageant for home economics students. By Helen W. Atwater and C. F. Langworthy. Baltimore: American Home Economics Association. $.50; five or more copies $.25 each.

The High School Clothes Line. From the Home Economics Division of Iowa State College, Ames, Iowa. Baltimore: American Home Economics Association. $.10.

Five Short Home Economics Plays. Written and presented by students in Oklahoma College. Published by S. Deborah Haines, 611 Pearl St., Ypsilanti, Mich., pp. 15. $.15.

Health Plays for Children. Developed by teacher and pupils in the Public Schools of Greater New York. American Health Association, 370 Seventh Ave., New York City.

King Good Health Wins. A modern health crusade play. By Mrs. Earnest R. Grant. Washington, D. C.: Modern Health Crusade Leader, 923 H St., N. W. $.25; orders in quantity, $.10 a copy.

Jack O'Health and Peg O'Joy. A fairy tale. New York: Chas. Scribner's Sons, pp. 39. $.50.

The Child's Day. An entertainment to impress daily habits for healthy life. Bureau of Publications. Teachers College, New York City. $.15; discount of 20% on ten or more copies.

Good Taste in Dress. An exercise for girls and boys. The Abbott Educational Co., 208 S. Wabash Ave., Chicago, Ill. $.25.

Playlets, songs, etc. Used by clothing classes at Stout Institute, Menomonie, Wisconsin. In mimeograph form, $.25.

Mother Hubbard's Birthday Party. A three-act play teaching nutrition lessons. By Mabel M. Rose. American Food Journal 18, 1923, No. 5, pp. 240–245.

Lists

Lists of educational plays and entertainments, including some on home economics subjects, may be obtained on request from the U. S. Bureau of Education, Washington, D. C.; National Tuberculosis Association, 370 Seventh Avenue, New York; and Mignon Quaw, Bozeman, Montana.

NEWS FROM THE FIELD

REPORTS OF MEETINGS

National Society for Vocational Education. The seventeenth annual convention, to be held in Buffalo, New York, December 6th, 7th and 8th, will offer an excellent opportunity for national and state leaders, supervisors, directors, teachers, and others interested in home economics to become acquainted and to discuss their problems.

The plans of the convention include not only a well-organized program of speeches and discussions, but also a carefully arranged schedule of visits to schools maintaining unit home economics courses, to home making centers, and to establishments where the training of home economics apprentices may be seen. The teacher-training courses for home economics teachers will also be visited, as may also plants where home economics products are manufactured. Home economics leaders and teachers from states outside of New York are urged to remain in New York State for the entire week.

Additional information concerning this convention may be obtained from the National Society for Vocational Education, 140 West 42nd Street, New York City.

Pan American Women's Conference. On October 12th, Columbus Day, conferences of women arranged by the International Women's Committee of the Pan American Union took place in all the countries of the Union. The meeting of the United States section was held in the Pan American Union building in Washington, with delegates from many national bodies of women in attendance, including the American Home Economics Association.

Mrs. Lansing, chairman of the United States Section, presided, Dr. L. S. Rowe, director general of the Union, welcomed the delegates, the Secretary of State and the Minister of Colombia were among the speakers, so that the conference had a semi-official character which was emphasized by the dignity of the building, often called the most beautiful in Washington. The general theme was what has been and can be achieved by women, especially the women of the New World. Their contribution to education, letters, religion, industry, and other phases of life was reviewed by Miss Woolley of Mt. Holyoke College, Mrs. Winter of the General Federation of Women's Clubs, Mrs. Anna Carlin Spencer, Mrs. Wm. Brown Meloney, Miss Sophonisba Breckenridge, Miss Grace Abbott, and Miss Julia Lathrop. Mr. Hughes emphasized the underlying friendliness in present Pan American relations and the importance of cultivating among the people of different nations appreciation of each other's real thought and ways. One special point was his deprecation of the false and unattractive impression of American life given by the motion picture films with which our own producers are flooding other countries.

Though the program was for the most part a formal one, there was some general discussion of practical ways to increase mutual understanding and helpfulness among women of the American nations. Emphasis was placed on the value of exchange scholarships, and also on the possibility of following more closely the current literature, drama, and art of our neighbors. The preparation of authorized school books giving just descriptions of life and customs in each country was suggested, but some delegates objected to the plan as difficult and dangerous.

Western States Extension Conference. This one of a series of regional conferences of extension workers held annually to discuss problems pertaining especially to extension

work in various sections of the country, met in Fort Collins, Colo., November 5th to 9th. The general subjects discussed were range management, livestock improvement, and human nutrition, and Miss Anne Turley was the member of the program committee to arrange the work on the last. The speakers brought together the latest information regarding the results of research and their application in extension work, and the plan is to organize this in a handbook for permanent reference.

Western Canners Association. The seventy-ninth annual convention was held in Chicago November 5th to 9th. The first two days were devoted to conferences between committees of this association and national organizations of canners, grocers, and food brokers.

American Country Life Association. At the sixth annual conference held in St. Louis November 8th to 11th the American Home Economics Association was officially represented by the executive-secretary. The general topic of the conference was the rural home, and the sessions of greatest interest to home economists were perhaps those of Friday afternoon, Miss Whitcomb presiding, at which the discussion was on the training of the new generation and the influences and institutions that affect home life on the farm; the Saturday morning session, Mrs. Jane McKimmon presiding, with discussions of the contribution and problems of mothers and fathers, and the rural woman as a factor in national affairs; and the Saturday afternoon session, Mrs. Ruby Green Smith presiding, with a discussion of home demonstration work. Among the speakers were C. J. Galpin, Bradford Knapp, Alma Binzel, Isabel Bevier, Henrietta Roelofs, Mrs. W. G. Martin, Grace Frysinger, Lita Bane, Susie V. Powell, and Josephine A. Arnquist.

CALIFORNIA

Southern Section of the California Home Economics Association. The first meeting was held September 22nd at Trinity Building, Los Angeles.

Mildred Eby told of magazines and books she had met during the summer, laying special stress on the need of supporting the JOURNAL OF HOME ECONOMICS.

Edith Boor gave a résumé of her summer's course in nutrition under Dr. E. V. McCollum. Essie L. Elliott told of the home economics meetings of the National Education Association, the luncheon, Mrs. Woolman's address, and Dr. McCollum's lecture on diet.

Mrs. Sunderlin, the president, gave an especially fine review of the American Home Economics Association meeting. She urged an immediate campaign for greater membership, more subscriptions to the JOURNAL, a strengthening of the plans for coöperation with all other health and child welfare organizations, and outlined ways and means for a share in entertaining the association in 1925. Each member was asked to secure a subscription to *Hygeia* the new magazine of the American Medical Association, since a substantial commission will be allowed Mrs. Sunderlin to be turned over to the treasurer of our association.

Dr. Helen Thompson was welcomed. She succeeds Dr. Isabel Bevier as head of the home economics department of the University of California, Southern Branch.

The October meeting will be held at the University in honor of Dr. Thompson.

The teachers of San Diego and vicinity are completing plans for forming a section of the state association.

DISTRICT OF COLUMBIA

Home Economics in Junior High Schools. Emma Jacobs, superintendent of domestic science in the public schools, reports the organization of three new junior high schools, each with a department of home economics. Each of these have a well-equipped food laboratory, dining room, bedroom, sewing classroom and millinery classroom. The new courses are worked out as follows: One lesson per week for the first and second semester, two per week for the third, and one each for the fourth, fifth and sixth semesters, the work in the last three semesters being elective.

Florence Hall and Jessie Hoover of the Dairy Division of the U. S. Department of Agriculture assisted with the department's exhibit at the World's Dairy Congress and National Dairy Show.

Belle Lowe, formerly assistant professor of home economics in Iowa State Agricultural College, is one of the more recent additions to the staff of the Bureau of Home Economics. She succeeds Ruth Johnstin, who is now professor of food chemistry at Wellesley College.

FLORIDA

Home Demonstration Agents' Meeting. The following counties were represented by their home demonstration agents at the annual meeting in Gainesville, September 17th to 25th inclusive: Alachua, Columbia, DeSoto, Duval, Gadsden, East and West Hillsboro, Lake, Lee, Leon, Manatee, Okaloosa, Orange, Palm Beach, Pasco, Polk, Putnam, St. Johns, Santa Rosa, Sumter, Taylor, Volusia, and Marions.

Joint sessions with farm demonstration agents with discussions of various phases of agriculture and home economics were held at the university. The Twentieth Century Clubhouse proved a most delightful, comfortable, and popular place for the home demonstration agents in their separate sessions, which consisted chiefly of laboratory work.

These agents meet annually for the purpose of training in the subject matter which will be of most help to the people of their counties, discussing various problems and needs, and making plans for the ensuing year. Attention this year is to be given to the use of home products for profit, health, and comfort; hence the subject matter of the agents' meeting consisted of millinery which will enable our women and girls to learn to renovate old hats and make new ones, and use materials on hand; renovation of discarded articles into attractive ones for the home; basketry, using native materials of Florida such as pine needles, wire grass, and honeysuckle; home dyeing, making faded and worn garments into attractive ones; home improvement both inside and out; gardening; poultry; dairying; nutrition; marketing standardized products.

Lucy C. Cushman, president of Florida State Home Economics Association, Harriet Sherman of the State Board of Health, Elizabeth Skinner and Mrs. J. W. McCollum of the Florida Federation of Women's Clubs, in addressing this body of workers showed how the home demonstration agents and other state organizations could work together in carrying through a program that will raise the standard of living, health, and efficiency of the home, home and community beautification, social life, and the development of leadership, thus making happier homes, better communities, and a greater Florida.

Several appointments have been made in the state home demonstration service: Flavia Gleason, state home demonstration agent; Virginia P. Moore, assistant state home demonstration agent; Lucy Belle Little and Ruby McDavid, district agents; Isabelle Thursby, food and marketing specialist; and Louise Carter, dairy and nutrition specialist.

Lelah Venable has been appointed instructor at Florida State College for Women, in charge of practice teaching and practice house work.

ILLINOIS

University of Chicago. Born to Mr. and Mrs. Frank Heiner (Mary Koll) a daughter, Harriet Katharine, in April, 1923. Mrs. Heiner after six months leave of absence is again teaching at the University of Chicago.

Leona F. Bowman has resigned from the home economics department of the University of Chicago to accept the position of assistant state supervisor of vocational home economics in Arkansas.

Lillian Stevenson, who has served as a member of the staff of the University of Iowa and of the University of Chicago elementary and high schools, has been appointed instructor at the University of Chicago. She is giving courses in textiles, elementary and advanced, and in garment construction.

An article by Mata Roman of the faculty of the University of Chicago high school

will appear in an early number of the School Review. It contains a description of some supplementary nutrition problems worked out by her students. Some examples of the kind of work described are as follows: A study of the lunches of the high school girls, the analysis of the food expenditures in a home, a study of the health habits of a five year old child, and animal feeding experiments inducing deficiency diseases.

Helen L. Green, formerly head of home economics department at Auburn, Alabama, has resigned and is now Dean of Home Economics Department at Bradley Institute, Peoria, Illinois.

INDIANA

Indiana State Home Economics Association. A meeting was held in Indianapolis October 18th. The president, Mary L. Matthews of Purdue University, presided. Three round-tables were conducted in the morning with Mary I. Beeman of Muncie as leader of the clothing group, Amy I. Bloye, Purdue University, as leader of the foods group, and Nellie Massey of Muncie, chairman of the institution section, as leader of the institution administration group. Following these informal meetings an address was given by Mrs. Gertrude Gates Mudge of Huntington, West Virginia, on the work of the Society for Improving the Conditions of the Poor. The Luncheon at noon was well attended. The afternoon program consisted of talks by Mrs. Anna L. Burdick, federal agent for industrial education, on "Educational Eating Places" and a report of the Chicago meeting by Mary Beeman, Indiana State councilor.

Conference of Agricultural Extension Workers. The twenty-sixth annual conference was held at Purdue University, October 8th to 12th. During the first three days the mornings were devoted to subject matter conferences when specialists and local leaders appeared on the program, while the afternoons and evenings were given to meetings of general interest.

The last two days of this time were devoted to a farm home conference, the first meeting of this kind to be held at the University. Coöperating with the extension department were the U. S. Department of Agriculture, Indiana Farm Bureau Federation, Federation of Women's Clubs, Parent-Teacher Association, Indiana Home Economics Association, State Board of Health, State Department of Public Instruction. A representative from each of these organizations gave a five minute talk on how her particular organization can help the farm home. Other outstanding speakers were Mrs. Virginia C. Meredith, editor women's department, Breeders Gazette, "The Development of the Farm Home;" Professor Mary L. Matthews, head of the home economics department, Purdue University, "The Home in the Making;" Dr. C. H. Galpin, Country Life Specialist, U. S. Department of Agriculture, "The Farm Home," Dr. Louise Stanley, U. S. Department of Agriculture, "The Hame Economics Bureau, Its Future;" Grace Frysinger, Office of Coöperative Extension Work, U. S. Department of Agriculture, "The Extension Service and the Farm Home;" Dr. Eben Mumford, Michigan Agricultural College, "The Most Important Spot in the Whole World."

Course of Study in Home Economics for Secondary Schools. The Committee on course of study in home economics is receiving congratulations on the new course for high schools. This material was published as Bulletin 65A by the State Department of Public Instruction in August and a copy mailed to each member of the Indiana Home Economics Association. The entire High School Manual, in which the home economics course occupies pages 3 to 51, has been sent to school superintendents and principals.

Fifth Annual State Conference for Teachers of Vocational Home Economics. The conference held at Winona Lake, June 14 to 23, 1923, was attended by 54 vocational home economics teachers and others. The program as it appeared in the News Letter for May, 1923, was carried out practically without change. Special mention is made of the textile course given by Jessie Caplin of the extension department of the University of Minnesota. In keeping with their an-

nual custom, the teachers revised the outlines for the various vocational subjects which they teach in high school.

Purdue University. Edith Palmer has come to Purdue University as assistant professor in home economics. Miss Palmer has charge of the art work. She is a graduate of the fine arts department of Teachers College, Columbia University, and has taught public school art in Franklin and Goshen, Indiana, has been instructor at Miami University, Oxford, Ohio, and before coming to Purdue was a member of the art department of the home economics division of Iowa State College.

On Friday October 12th Dr. Louise Stanley talked to the Home Economics Club. This was the first meeting of the year and was followed by an informal get-together and tea for Miss Stanley.

Following the meeting of the American Dietetic Association in Indianapolis, October 15th to 17th, a number of those in attendance came to Lafayette and spent a day visiting the home economics building.

Meta Martin has been appointed assistant state leader of home demonstration work in Indiana. Miss Martin is a graduate of Purdue University, and has had experience in home economics vocational and high school work. She was a summer student at Corvallis, Oregon, specializing in advanced clothing.

KANSAS

Kansas State Agricultural College. The four departments of the division of home economics entertained at a tea October 2 in the home economics rest room, in order that the students might meet Dr. Margaret M. Justin, the new dean, and the members of the faculty in home economics.

Amy Jane Leazenby, head of the department of household economics, represented the college at the national conference of the American Child Health Association at Detroit, October 15 to 17. Professor Leazenby teaches courses in child welfare and is state chairman of the child hygiene committee of the Parent-Teacher Association for the state.

Seventy-five per cent of the ninety-five young women receiving degrees in home economics from the Kansas State Agricultural College in 1923 are teaching this year, sixty-eight in high schools, and two in colleges. Of the others, two are in extension work, five are managing cafeterias, six are pupil dietitians in hospitals, three are in Red Cross nutrition work, one is in social service work, two are at home, and six are married.

Susanna Schnemayer, who has been connected with the extension division of the Kansas State Agricultural College, has accepted a position with the rural extension division of the University of Texas.

Jessie Adee, who received her B. S. in home economics in 1922, and her M. S. in sociology in 1923, Kansas State Agricultural College, has accepted a position as home demonstration agent at Forsythe, Montana.

The Kansas State Teachers Association had four interesting sessions for the home economics teachers of the state during October. The custom has been to have the home economics work treated at round table conferences with informal discussions of problems. This year's conferences were held at Topeka, Salina, Wichita, and Independence.

MICHIGAN

Jean G. Krueger, formerly of the University of Wisconsin, has been appointed dean of women of the home economics department at the Michigan Agricultural College.

Jean Wortman has since September been head of the home economics department in the Michigan State Normal College, Ypsilanti, Mich.

A new position, that of itinerant teacher, has been created in the State Department of Vocational Education. Edith Franks, formerly of Montana Agricultural College, has been appointed to fill that position.

There were a number of people from Michigan studying at the Chicago University during the past summer session, among them Lenna Cooper and Ruth Freegard.

Helen Livingstone taught at Simmons College during the past summer session, giving a course in organization and administration of home economics in public schools

Mabel E. Campbell, federal agent for the Federal Board for the central district, visited Lansing July 12, 13 and 14, and spoke to the members of the methods of classes attending the summer session at the Michigan Agricultural College.

Ruth Freegard, state supervisor of home economics, has been asked to act as publicity chairman for Michigan in connection with the New Orleans meeting.

NEBRASKA

Nebraska Home Economics Association. The Association is compiling a "Who's Who in Home Economics in Nebraska." It is hoped that the information it contains will enable home economics people in Nebraska to become better informed about each other.

Suggestions for carrying on nutrition work by the home economics teachers of the state are being sent out by the Nebraska Home Economics Association. A part of the programme of the association is to send out several news letters during the year.

On June 1, Mary Ellen Brown was appointed state extension leader in charge of women's work in Nebraska. Miss Brown was formerly state leader of boys' and girls' clubs.

Olive Howie, formerly of Corvallis, Oregon, is now the state extension specialist in clothing, taking the place of Gladys Legg.

Louise Murphy, who was for four years health and hygiene extension specialist, is spending a year in study at Columbia University. Edith Martin, who has been connected with the public schools of Omaha, is taking Miss Murphy's place. Training schools for leaders in the home care of the sick are being started.

Maude Vedder, formerly in charge of the home economics work at Havelock, has been appointed a member of the foods division at the University. Miss Vedder takes the place of Margaret Noble who has resigned.

Helen H. Halm, formerly in charge of teacher training work at the State University of Arizona, is now assistant professor of vocational education at the University of Nebraska. Lila Welsh, whose place Miss Halm takes, has been made head of teacher training at the University of Missouri.

NORTH DAKOTA

Conference on home economics courses. A conference of state vocational home economics teachers, held last summer, held an interesting discussion of home economics courses for the seventh and eighth grades and the first and second years of high school. The general feeling was that in the seventh grade the individual girl and her relation to the home should be considered; in the eighth grade the broader relations of herself and her home to the community should be brought out. In the high school courses, the girl should learn what would be needed of her as manager rather than merely as assistant in the home, and in the first year especially attention should be given to the many rural girls who come to high school with no previous training in home economics. An advisory group was formed consisting of Miss Haley, Minnesota State supervisor of home economics, Miss Bales, director of teacher training for home economics at the North Dakota Agricultural College, Miss Findlayson, state supervisor of home economics, and Miss Harris, of the Fargo Child Health Demonstration.

OHIO

Ohio Home Economics Association. Dr. Isabel Bevier, formerly of University of Illinois, spoke on "Home Economics and the New Home" at the first meeting of the year of the Ohio Home Economics Association, held in Cincinnati October 6.

About fifty members and other interested women met in East High School. E. D. Runkle, Assistant Merchandise Manager of the Rike-Kumler Co., Dayton, Ohio, discussed "Selection, Tests, and Care of Textile Fabrics." This was followed by a brief talk by Mrs. W. E. Stillwell, a prominent member of the Woman's City Club of Cincinnati on the "Importance of the Spiritual Side in Home Economics." Sarah Meakin, household arts student at the University of Cincinnati, discussed the

"Values of College Training in Home Economics to the Girl."

Elsie Brunhof, instructor in textiles and clothing at University of Cincinnati, discussed "A New Method in Textile Education."

Genivieve Jones, a leading dressmaker of Cincinnati, discussed clothing from the dressmaker's viewpoint, and the work of the Fashion Art League of America in developing American designs and designers.

Plans are made for a meeting of the association on December 27th, in Columbus, when home economics education in the public schools will be the theme of the program. Nutrition will be given precedence at the meeting to be held in Cleveland next March.

VIRGINIA

The Virginia Home Economics Association. This association, which was organized fifteen years ago, will hold its annual meeting in connection with the State Teachers' Association in Richmond during Thanksgiving week.

This meeting will be of great interest to home economics workers of Virginia. A report will be given by the survey committee of the association, who have been making a detailed study of the agencies at work in Virginia for the improvement and development of the home. It is the program of the association to follow this rather careful survey with a definite program for work.

Virginia has a very strong organization for home demonstration work, vocational home economics, and general home economics in her various schools and counties. All of these agencies are uniting in the effort to put home economics on a firm stand in the public schools of Virginia.

The Virginia association affiliated with the American Home Economics Association last year.

Unusual interest is also being shown in the New Orleans meeting to be held during Christmas week and Virginia expects to send a large delegation of home economics workers to this conference.

Lula V. Walker of the Virginia Polytechnic Institute is president of the Virginia Home Economics Association. The membership includes home demonstration workers, teachers of home economics, and health and social workers.

GENERAL

Miss Murphy arrives at Constantinople. The JOURNAL is glad to pass on to its readers the news that Miss Murphy reached her destination early in October as full of enthusiasm as when she sailed from New York in September, and that she promises to send us soon a few lines about the American College for Girls and its home economics department. Of her journey she says:

"We had a gay send-off and spent the nine days on the boat trying to realize that we were on our way to such a distant port. The trip was quite uneventful, the food delicious, and the people a rather strange mixture, with some awfully nice ones. Miss Morse, a University of Minnesota girl who was on her way to teach physiological chemistry to the pre-medics, was with me all the way. We were hoping to be delayed indefinitely in Paris, as so often happens, but we arrived Saturday noon and left Monday night. I'd have been in tears if it had not been such a great event to be taking the Orient Express. We realize now how fortunate we were to have been forced to come that way because there is so much more to see than by any sea route. You know how ecstatic the Alps are in a bright blue morning. In Milan we didn't dare leave the station long enough to see the cathedral. In Venice I dashed through the station to see a canal and a gondola! We sat up half the night to see Trieste and the Adriatic by moonlight, battlefields, the famous Piave, etc., etc."

Bureau of Administrative Health Practice. The organization of such a bureau by the U. S. Health Service and the American Public Health Association in coöperation was decided on at the recent Boston meeting of the association. The bureau is to be national in scope and to be located, temporarily at least, in Baltimore. Dr. Paul Peeble of the U. S. Public Health Service is to be the

resident director and Dr. W. S. Rankin of North Carolina, president of the American Public Health Association, field director. Any community may call on the bureau at any time for aid or information regarding health administration. To stimulate interest in community health work, a gold, a silver, and a bronze medal will be awarded annually to communities showing the best results in community health service. The first awards will be made at the 1924 meeting of the association to the three cities of 100,000 or more population that show the most nearly adequate health service in January, 1924. Scholarships and other forms of recognition for noteworthy individual accomplishment are also under consideration.

Skidmore College. A news note in the November JOURNAL incorrectly mentioned Ruth Atwater as head of the home economics department at Skidmore College, Saratoga Springs, New York. She writes that in reality she is professor of cookery and dietetics, and that Katharine Walter Kumler is director of the home economics department and professor of clothing and textiles.

Found at Chicago Meeting. An amythest pin which was found on the third floor of Ida Noyes Hall at the time of the American Home Economics Association Meeting last summer may be obtained by the owner by writing to Miss Katharine Blunt, University of Chicago.

MISSISSIPPI

The following report (see page 716) should have appeared in the October JOURNAL, page 579

The Mississippi Home Economics Association was organized twelve years ago. It holds its annual meetings in connection with the Mississippi State Teachers Association to which all its members belong.

The association affiliated with the American Home Economics Association under the regional plan, ten cents per capita of dues collected going to the support of the Southern Regional Association. There are fifty-four members, including teachers of home economics in colleges, city high schools, rural consolidated schools, and agricultural high schools; home demonstration agents and specialists, representatives of the Vocational Board and homemakers.

The state is divided into eight districts each with a general district chairman and chairmen of teaching, extension and of homemaking, to correspond with the state organization. Each district holds an annual meeting with program of contests and exhibits.

Two interesting reports from colleges were read at the last meeting of the state association. The Mississippi State College for Women has a student home economics club composed of all who are majoring in home economics and affiliated with the Mississippi Association. The Mississippi Normal College has a home economics course for its men students organized at their request. Plans are being made to provide instruction for matrons of agricultural high schools and colleges and other women doing institutional work. This will be done jointly by the extension staff of College of Agriculture and Mechanic Arts and the vocational staff of the State Department of Education.

The association at its last meeting resolved to cooperate as far as possible with the American Home Economics Association; to cooperate with Miss Helbing, financially and through publicity, in promoting the New Orleans meeting of the American Home Economics Association; and to work for adequate state appropriations from the next legislature for extension and vocational work in home economics.

The officers for 1923–24 are as follows: President, M. Esther Rogers, director vocational home economics; vice-president, Talba Foote, in charge of home economics, Mississippi State College for Women; councillor, Susie V. Powell, assistant director of extension in charge of home demonstration work; secretary, May Haddon, district home demonstration agent; treasurer, Mary Wilson, teacher home economics, Hinds County Agricultural High School.

NEW ORLEANS MEETING

PROGRAM

AMERICAN HOME ECONOMICS ASSOCIATION

NEW ORLEANS, LOUISIANA, DECEMBER 28, 1923 TO JANUARY 2, 1924

HOTEL GRUNEWALD—HEADQUARTERS

FRIDAY, DECEMBER 28

9:00 a.m. to 12 m. Registration. Mezzanine Floor

9:00 to 10:00 a.m. Louisiana Home Economics Association Meeting. Gold Room.

10:00 a.m. to 12:00 m. Meeting of Southern Home Economics Association. Banquet Hall.

Election of Officers

1:30 to 3:45 p.m. Council Meeting. Banquet Hall

Open to all members of the Association

4:00 p.m. to 6:00 p.m. Visit to Newcomb School of Art

By Courtesy of Dean Pierce Butler and Director Ellsworth Woodward of the Art School.

Demonstration of artistic industries by the craftsmen. Pottery, silversmithing, bookbinding, with exhibition of finished products.

Newcomb College stands for the extension of art appreciation and its practical application in life.

8:00 p.m. General Session. Banquet Hall

CLEORA C. HELBING, presiding

The Realization of Our Responsibilities in the Development of the American Home

Addresses of Welcome

To the State:

MRS. P. J. FRIEDRICHS, New Orleans, Representing the Women of Louisiana

To New Orleans:
MRS. JESSE PENROSE WILKINSON, President New Orleans Federation of Women's Clubs

The American Home
HONORABLE JOHN M. PARKER, Governor of the State of Louisiana

President's Address
DR. ALICE F. BLOOD, American Home Economics Association

How Far May the Public School Contribute in the Development of the American Home?
HONORABLE T. H. HARRIS, State Superintendent of Education, Baton Rouge, Louisiana

Educated Parenthood: A Vital Demand
ALMA L. BINZEL, University of Minnesota, Minneapolis

SATURDAY, DECEMBER 29

9:00 a.m. to 12:00 m. Food and Nutrition Section. Banquet Hall

MRS. B. W. PEGUES, presiding

Nutritional Research

The Food Needs of Children
DR. AMY L. DANIELS, University of Iowa, Iowa City

Some Points to Emphasize in Teaching Nutrition in College
DR. KATHARINE BLUNT, University of Chicago

A Project with Underweight College Women
ADA M. FIELD, George Peabody College, Nashville

Agencies for Spreading the Gospel of Nutrition

Community Milk Campaign for Growth and Health Program
JESSIE HOOVER, Dairy Division, U. S. Department of Agriculture

Nutritional Clinics and Nutritional Programs for Public Schools
NELLIE FITZGERALD, Nashville, Tennessee

10:00 a.m. to 12:00 m. Textile Section Round Table. Gold Room

LUCY RATHBONE, presiding

Discussion of Teaching Textiles and Clothing in the High School and Grades
Leader, AGNES HOUSTON CRAIG, Supervisor of Home Economics, Springfield, Massachusetts

Discussion of Future Work of the Textile Section

Leader, MIRIAM BIRDSEYE, Office of Extension Work, U. S. Department of Agriculture

12:30 p.m. Luncheon. Louisiane

For the State Presidents to meet the President and the Executive Secretary of the American Home Economics Association, and the Editor of the JOURNAL OF HOME ECONOMICS

2:00 to 4:30 p.m. General Session. Banquet Hall

DR. LOUISE STANLEY, presiding

How the Research Fields Affect the Home

The Relation of the Home Economics Teacher to the Child Health Program
DR. AMY L. DANIELS, University of Iowa, Iowa City

Nutritional Therapy as Applied to Southern Conditions
DR. OSCAR W. BETHEA, Tulane University, New Orleans

Economic Value of Insulin
DR. I. I. LEMANN, in charge of distribution of Rockefeller appropriation for Insulin, Touro Infirmary, New Orleans

Homemakers' Questions Which We Cannot Answer
DR. MINNA C. DENTON, Bureau of Home Economics, U. S. Department of Agriculture

Available Home Economics Education for the Public School Teacher
EMELINE S. WHITCOMB, Bureau of Education, U. S. Department of the Interior

8:00 p.m. Banquet. Southern Yacht Club

Louisiana as Hostess

SUNDAY, DECEMBER 30

9:00 a.m. Tour of "Vieux Carré"

Courtesy of New Orleans Women

2:00 p.m. Automobile Drive Through Parks and Residential Sections

Courtesy of Parent-Teachers Association, New Orleans

4:15 p.m. Visit to Joseph A. Craig School

Exhibit of negro work done in the state

Refreshments served by the home economics teachers

MONDAY, DECEMBER 31

9:00 a.m. to 12:00 m. Home Economics Education Section. Banquet Hall

EMMA CONLEY, presiding

The Value of Home Surveys in Determining Subjects Taught in Home Economics
MARY E. SWEENY, University of Kentucky, Lexington

Formulating Objectives in Seventh, Eighth, and Ninth Grades
FRANCES ZUILL, Baltimore, Maryland

Some Results of Tests in Home Economics
CLARA M. BROWN, University of Minnesota, Minneapolis

Methods of Presentation of Typical Home Economics Problems in High School
M. ESTHER ROGERS, State Supervisor, Jackson, Mississippi

Educational Methods in Home Economics Teacher Training
DAISY ALICE KUGEL, Stout Institute, Menomonie, Wisconsin

Reports of Committees

10:00 a.m. to 12:00 m. Round Table on Publicity. Gold Room

HELEN W. ATWATER, presiding

Publicity for Home Economics

General discussion of aims and methods with brief introductory talks by persons experienced in special phases

2:00 p.m. Harbor Trip

Courtesy of Presidents' Cooperative Club

8:00 p.m. General Session. Banquet Hall

LITA BANE, presiding

Improving the Environment of the Home

What Good Management Means in Improving the Standard of the Home
ANNA E. RICHARDSON, Iowa State College, Ames

Legislation Pertaining to Home Economics
HONORABLE JOSEPH E. RANSDELL, U. S. Senator, Washington, D. C.

Facing Our Responsibilities Squarely
CLARENCE OUSLEY, Federal International Banking Company, New Orleans

Aspects of Color
W. H. VARNUM, University of Wisconsin.

TUESDAY, JANUARY 1

9:00 a.m. to 12:00 m. Home Economics Extension Section. Banquet Hall

LUCILE W. REYNOLDS, presiding

Provisions for Home Economics in the Rural Districts Under the Smith-Lever Act
EX-CONGRESSMAN A. F. LEVER, author of Smith-Lever Bill

Home Demonstration Work in Devastated France
OLA POWELL, U. S. Department of Agriculture

The Next Step
DR. ISABEL BEVIER, Illinois

Round Table: Extension Work in Home Economics for Women by Contests and Campaigns

Better Kitchen Contest
MRS. MARY DAVIS, Virginia

Better Bread Contest
M. ESTHER ROGERS, Mississippi

Milk for Health Campaigns
GLADYS STILLMAN, Wisconsin

What a Home Demonstration Agent Means to a Farm Family
MRS. JANE S. MCKIMMON, State Home Demonstration Agent, North Carolina

9:00 a.m. to 12:00 m. Textile Section. Gold Room

RUTH O'BRIEN, presiding

Our Allies in the Textile Field

Coöperation Which Would Help the Cotton Manufacturer and the Consumer
HARRY G. MESERVE, Secretary to the National Association of Cotton Manufacturers

Training for an Appreciation of Merchandise Values
ISABEL CRAIG BACON, Special Agent, Retail Education, Federal Board of Vocational Education, Washington, D. C.

Eradicating Deceptive Terms in the Textile Industry
Representative of the BETTER BUSINESS BUREAU

Work of Standardization Committee
AGNES HOUSTON CRAIG, Supervisor of Home Economics, Springfield, Massachusetts

The Artist's Contribution
JULIA HILL ATWELL, Department of Applied Art, College of Industrial Arts, Denton, Texas.

2:00 to 4:00 p.m. Homemakers Group Committee. Gold Room

MRS. MARY B. GIESEN, presiding

Evening Schools for Women in Small Towns
ADELAIDE S. BAYLOR, Chief, Home Economics Education, Federal Board of Vocational Education

Group Organization for Rural Women
SUSIE V. POWELL, Assistant Director of Extension in Charge of Home Demonstration Work, Agricultural College, Mississippi

Community Sanitation
DR. OSCAR DOWLING, President State Board of Health, New Orleans

Adult Health
P. T. TALBOT, Secretary-Treasurer, Louisiana State Medical Society, representing the WOMEN'S FOUNDATION FOR HEALTH, INC.

2:00 to 4:00 p.m. Home Economics in Business Group Committee. Banquet Hall.

MARY E. KEOWN, presiding

Analysis of Problems Met by Home Economics Women in Business: Object of Work; Results Attained; Methods of Judging Success
Leader: MARY E. BARBER, Kellogg Cereal Company, Battle Creek, Michigan

Journalism
MRS. NELL B. NICHOLS, Farm and Fireside Magazine, Topeka, Kansas

Promotional Advertising
CORA LEIBY, H. W. Gossard Company, Chicago, Illinois

Research and Testing
CARLOTTA C. GREER, Head Department of Foods and Household Management, East Technical High School, and Director of Research Kitchen, American Stove Company, Cleveland

Banking and Insurance
MRS. EDITH SALISBURY, N. Y. Life Insurance Company, Washington, D. C.

Report of Committee on Recommendations for Courses in Home Economics Curricula to Train for Commercial and Industrial Positions

8:00 p.m. General Session. Banquet Hall

DR. ALICE F. BLOOD, presiding

After-War Food Problems
HONORABLE HERBERT HOOVER, Washington, D. C.

Home Economics and the New Home
DR. ISABEL BEVIER, Illinois

Home Economics Courses for Men
SETTIE MAE JENKINS, Mississippi Normal College, Harriesburg, Mississippi

Experiences in Some Foreign Homes
MRS. ALICE P. NORTON

WEDNESDAY, JANUARY 2

10:00 a.m. to 12:00 m. Institution Economics Section. Gold Room

SIBYLLA HADWEN, presiding

Teaching Institutional Management in a Trade School
H. G. MARTIN, Principal, Delgado Trade School, New Orleans

Food Costs and the Workers' Coöperation
MARY LINDSLEY, Grace Dodge Hotel, Washington, D. C.

General Discussion

10:00 a.m. to 12:00 m. Related Art Group Committee. Banquet Hall

EMILY HUGER, presiding

Jewelry in Dress
MARY W. BUTLER, Newcomb College, New Orleans

Related Art and the JOURNAL OF HOME ECONOMICS
HELEN W. ATWATER, Editor, JOURNAL OF HOME ECONOMICS, Washington, D. C.

The House Livable
HENRY GALLUP, New Orleans

1:30 to 2:30 p.m. Business Meetings for all Sections

2:30 to 4:00 p.m. Business Meeting

4:00 p.m. to 6:00 p.m. Council Meeting

Open to all members of the Association

3:30 p.m. to 4:00 p.m. Delgado Central Trade School

Exhibits by Delgado Trade School, H. G. Martin, Director, and Nicholls Industrial School for Girls, Rita Johnson, Director.

Both Nicholls and Delgado are purely vocational schools, and the exhibits will show the types of effort expended in both places to improve community efficiency in trade and industrial work.

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